

Misc.

Bananas Brasilia

Servings: 4

Exchanges: One serving (1/4 of total) = 2 1/4 fruit.

2 large bananas, peelen and halved lengthwise
4 tablespoons frozen , concentrated apple juice
4 tablespoons dried apricots, minced

Preheat oven to 325 degrees.

In baking dish, assemble bananas, cover with apple juice.

Bake for 15 minutes.

garnish with apricots and serve.

Per Serving (excluding unknown items): 74 Calories; trace Fat (3.5% calories from fat); 1g Protein; 19g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Fruit.