



Preparation time
10 minutes
Ease of preparation
easy

Baked Bananas

- 6 ripe bananas
- 1 package Banana Bread Mix
- 2 cups water

Directions: Preheat oven to 350° F. Peel and slice bananas in half. Lay out in lightly greased 2-quart casserole dish. Combine package contents and water in a bowl, stir. Pour over bananas. Bake for 30 to 40 minutes. Cut into squares for serving.

Makes approximately 12 servings.

Nutrition Facts: As prepared, each serving contains 140 calories, 0.5 g of fat, 0 mg of cholesterol, 190 mg of sodium, 34 g of carbohydrates and 2 g of protein.



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Sweet Tooth Apple Crisp

- 4 to 5 medium apples (Granny Smith or other tart baking apple)
- 1 package Carrot Cake Mix
- 1 cup rolled oats
- 1/2 cup unsalted, melted butter

Directions: Preheat oven to 350° F. Peel and dice apples, then arrange in a 6" X 6" baking dish. In a mixing bowl, blend package contents, oats and melted butter. Spread over apples. Bake for 30 to 40 minutes, or until lightly brown and apples tender.

Makes 9 servings.

Nutrition Facts: As prepared, each serving contains 290 calories, 11 g of fat, 25 mg cholesterol, 290 mg of sodium, 46 g of carbohydrates and 3 g of protein.



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