

Cooking with the DIETITIANS

CAMPFIRE BANANA BOATS

Time: 15 minutes / Servings: 6

INGREDIENTS

- 6 Bananas, split but unpeeled
- 1 bag mini chocolate chips (~1/4 cup per banana)
- 1 jar creamy peanut butter (~2Tbsp per banana)
- 1 bag dried cranberries (~2 Tbsp per banana)



DIRECTIONS

1. Preheat grill for high heat or make a spot in the coals of the campfire
2. Slice the peel of the banana and cut it down the middle. Keep the peel on.
3. Spread peanut butter into middle of banana. Top with chocolate chips and cranberries
4. Place banana in foil and wrap tight. Place on grill or in coals for about 5 minutes until banana is cooked and topping are melted.
5. Enjoy!

NUTRITION FACTS (PER SERVING):

Calories: 668, Total Fat: 33g, Saturated Fat: 13g, Cholesterol: 0mg, Sodium: 142mg, Carbohydrates: 89g, Fiber: 10g, Protein: 12g, Vitamin A: 2%, Vitamin C: 18%, Calcium: 1%, Iron: 30%

A collaboration with USF Dining