

## Banana Boats

- Prep/Total Time: 20 min.
- Yield: 4 Servings  
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### Ingredients

- 4 medium unpeeled ripe bananas
- 4 teaspoons miniature chocolate chips
- 4 tablespoons miniature marshmallows

### Directions

- Cut banana peel lengthwise about 1/2 in. deep, leaving 1/2 in. at both ends. Open peel wider to form a pocket. Fill each with 1 teaspoon chocolate chips and 1 tablespoon marshmallows. Crimp and shape four pieces of heavy-duty foil (about 12 in. square) around bananas, forming boats.
- Heat in fire for 5-10 minutes or until marshmallows melt and are golden brown. **Yield: 4 servings.**

**Nutritional Facts** 1 banana boat equals 136 calories, 2 g fat (1 g saturated fat), 0 cholesterol, 3 mg sodium, 32 g carbohydrate, 3 g fiber, 1 g protein.

