



Banana “Ghosts”

Makes: 20 “ghosts”

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
10	bananas	10
40	raisins	40
20	chocolate chips	20

Instructions

1. Cut bananas in half. On each banana half, put two raisins for the eyes and one chocolate chip for the mouth.
2. Arrange on a platter.

Suggestion: Serve with Tangerine “Pumpkins” (see recipe).

Nutrition Information

Serving 1 “ghost”

Calories 60
Fat 0 g
Saturated 0 g
+ Trans 0 g
Sodium 0 mg
Carbohydrates 15 g
Fibre 1 g
Sugars 8 g
Protein 1 g
Calcium 0 mg
Iron 0.2 mg

Food Guide Servings

½ Vegetable & Fruit