

Grilled Banana Boats



Ingredients:

- 4 bananas, whole
- 1/2 c chocolate chips
- 1/2 c strawberries or kiwi, sliced

Instructions:

1. Preheat grill to medium heat.
2. Slice banana lengthwise in the peel, without cutting through the bottom side.
3. Using your fingers, carefully open each banana, leaving room for toppings.
4. Place each banana on a piece of foil, carefully turning up the edges to hold the banana upright and to protect it from direct flame.
5. Divide fruit and chocolate chips evenly between the bananas
6. Grill bananas about 10 minutes.
7. Let cool slightly before serving.

Makes 4 servings.



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>