



# Freeze Dried Bananas Chips



Serving Suggestion  
Photo Enlarged to Show Texture

## DIRECTIONS

For 4 Servings soak 1 cup of sliced bananas in 1 cup of cool water for 3-5 minutes, or until hydrated. Drain any excess water. May be eaten straight from package.

## INGREDIENTS

Bananas, Coconut and/or Vegetable Oil, Sugar and/or Honey, Banana Flavoring.

**Allergens: None.**

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

NET WT 1.4 OZ (40g)

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## Nutrition Facts

Serving Size 1/4 cup (10g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 34      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 9g      **3%**

Dietary Fiber 1g      **4%**

Sugars 7g

**Protein** 0g

Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

