

Dried Bananas

6 firm, fresh, ripe bananas
¼ cup lemon juice
½ cup orange juice
½ cup wheat germ or coconut (opt.)

To make dried banana chips:

1. Peel and slice 4 bananas. Dip banana slice into the lemon juice.
2. Arrange on a greased cookie sheet in a single layer.
3. Bake at 175° for two to three hours or until golden. Banana chips can be dried until they are crisp.
4. Cool chips completely before storing. Package in glass jars, tins, or reclosable plastic bags.

To make frozen banana chips:

1. Peel and slice two bananas. Dip banana slices into orange juice, then into wheat germ or coconut, if you want.
2. Arrange on a cookie sheet in a single layer.
3. Cover with plastic and freeze. When frozen solid, transfer to a re-sealable plastic freezer bag.

Bananas

Select firm, ripe fruit. Peel and cut in 1/8 inch slices. Dip in ascorbic acid or other solution for 10 minutes. Remove and drain well. Arrange in single layer on trays. They are dry when they are tough and leathery.