

Banana Chia Crisps

3 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
3. Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
4. Remove from oven. Let cool and enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 5 days or freeze.

Serving Size

One serving is equal to approximately 12 small crisps.

Ingredients

- 1 Banana (medium, ripe)
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon

Nutrition

Calories	351	Cholesterol	0mg
Fat	16g	Sodium	1mg
Carbs	49g	Vitamin A	84IU
Fiber	17g	Vitamin C	10mg
Sugar	14g	Calcium	300mg
Protein	9g	Iron	5mg