

Banana Crisps, NOT chips

Contributed by Lisa
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TraderJoe's has been stocking "Banana Crisps" since last year. They are a phenomenon, selling out within hours of hitting the shelves every time. These are not to be confused with "Banana Chips," which are much higher in fat and sugar and not something one would typically define as a "healthy snack." What I love most about Banana Crisps is that at only 40 calories per serving and 6 servings per bag, even if I accidentally eat the entire bag, it's only 240 calories!! It has fit nicely into my 1200 calorie diet plan!
the fatty version produced locally. Apparently the Crisps are from Thailand.