

# Recipe: Plantain crisps



Focused



Chilled-out

These plantain crisps are great as a snack for when you are on the go! Plantain is also a great food for the brain and concentration, perfect for your exam period!



## Ingredients:

Plantain

## Method:

1. Peel and slice the plantains as thin as possible.
2. Soak them for 5 minutes in warm water to remove the starch.
3. Drain the plantain from the water.
4. Put the plantain slices in the oven on a low heat for 15 minutes until crisp and slightly golden.

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO  
**FEEL 100%?**