



April 22- Cocoa Nut Bananas

Smart Snack

Link: <http://www.fitnessmagazine.com/recipes/recipecomdetail.jsp?recipeId=25107898>

Recipe

Ingredients:

- 4 teaspoons cocoa powder
- 4 teaspoons toasted unsweetened coconut
- 2 small bananas, sliced into circles

Directions:

1. Place cocoa and coconut on separate plates.
2. Roll each banana slice in the cocoa, shake off the excess, and then dip in the coconut.

Yield 4 servings

Nutrition Facts

Serving Size 1/2 banana (62.47g)
Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0.5g 4%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 9%

Sugars 7g

Protein 1g 2%

Vitamin A 0% • Vitamin C 8%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.