April 22- Cocoa Nut Bananas
Smart Snack

**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

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1/2 banana (62.47g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>4</td>
</tr>
</tbody>
</table>

- **Calories** 70 | Calories from Fat 10 |
- **Total Fat** 1g | 2% |
- **Saturated Fat** 0.5g | 4% |
- **Trans Fat** 0g | 0% |
- **Cholesterol** 0mg | 0% |
- **Sodium** 0mg | 0% |
- **Total Carbohydrate** 15g | 5% |
- **Dietary Fiber** 2g | 9% |
- **Sugars** 7g | |
- **Protein** 1g | 2% |
- **Vitamin A** 0% | 0% |
- **Vitamin C** 8% | 0% |
- **Calcium** 0% | 0% |
- **Iron** 2% | 0% |

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