



July 18- Blueberry Banana Stacks

Not Smart Snack

Link: <http://www.recipe.com/blueberry-banana-stacks/>

Recipe

Ingredients:

- 6 mini flavored popcorn cakes
- 2 Tablespoons strawberry cream cheese
- 6 banana slices
- 6 fresh blueberries

Directions:

1. Spread popcorn cakes with cream cheese and top with banana slices. If desired, dollop with additional cream cheese and top with a blueberry.

Yield 2 servings

Nutrition Facts

Serving Size 3 items (79.31g)
Servings Per Container 2

Amount Per Serving

Calories 130 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2.5g **12%**

Trans Fat

Cholesterol 15mg **5%**

Sodium 85mg **4%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **7%**

Sugars 8g

Protein 2g **4%**

Vitamin A 2% • Vitamin C 8%

Calcium 0% • Iron 0%

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