



June 10- Frozen Banana Pop

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/frozen-banana-pop>

Recipe

Ingredients:

- 2 bananas, ripe
- 2 Tablespoons orange juice
- 4 craft sticks
- Foil

Directions:

1. Peel each banana and cut in half (width-wise).
2. Insert craft stick into bottom of each banana half. Dip each banana half into juice.
3. Wrap in foil and freeze for two or more hours.

Yield 4 servings

Nutrition Facts

Serving Size 1 popsicle (66.75g)
Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **6%**

Sugars 8g

Protein <1g **1%**

Vitamin A 0% • Vitamin C 15%

Calcium 0% • Iron 0%

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