



## June 13- Berries with Banana Cream

Smart Snack

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

### Recipe

*Ingredients:*

- 1/3 cup yogurt, low-fat plain
- 1/2 cup banana (ripe)
- 1 Tablespoon fruit juice
- 2 cups slices strawberries
- 1 teaspoon honey
- 1 dash cinnamon

*Directions:*

1. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

Yield 4 servings

Nutrition Facts	
Serving Size 1/4 recipe (112.53g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	7%
Sugars 11g	
<b>Protein</b> 2g	3%
Vitamin A 0%	Vitamin C 80%
Calcium 4%	Iron 0%

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