



## October 2- Fruit Sundae Cones

Not Smart Snack

Link: <http://www.recipe.com/fruit-sundae-cones/>

### **Recipe**

*Ingredients:*

$\frac{3}{4}$  cup cut-up strawberries

3 cups cut-up fruits such as apples, bananas, cherries, seedless red grapes, kiwi, plums, and/or peaches

6 large waffle cones

$\frac{1}{4}$  cup toasted coconut

*Directions:*

1. Place strawberries in a blender; cover and blend until smooth. Place desired fruit in a bowl and gently toss together. Spoon fruit into cones. Drizzle with the strawberry puree. Top with coconut.

Yield 6 servings

### **Nutrition Facts**

Serving Size 1 cone  
Servings Per Container 6

#### **Amount Per Serving**

**Calories** 230      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

**Saturated Fat** 2g      **9%**

*Trans Fat* 0g

**Cholesterol** 10mg      **3%**

**Sodium** 15mg      **1%**

**Total Carbohydrate** 43g      **14%**

**Dietary Fiber** 2g      **9%**

**Sugars** 24g

**Protein** 3g      **6%**

Vitamin A 2%      •      Vitamin C 25%

Calcium 0%      •      Iron 6%

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