



April 22- Cocoa Nut Bananas

Smart Snack

Link: <http://www.fitnessmagazine.com/recipes/recipecomdetail.jsp?recipeId=25107898>

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

Nutrition Facts	
Serving Size 1/2 banana (62.47g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	4%
<i>Trans Fat</i>	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 1g	2%
Vitamin A 0%	• Vitamin C 8%
Calcium 0%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	