



A Nutrition Resource



BANANA SWIRL

Yield: 2 Servings | Serving Size: 1 cup

Cost/serving: \$0.24

Ingredients:

2 bananas (frozen)

2 Tablespoons milk

Toppings of choice (suggestions: nuts, chocolate chips, sliced fruit)

Directions:

- 1) Peel bananas and cut into chunks.
- 2) Spread individual pieces of banana in a single layer on a baking sheet; place baking sheet in the freezer for at least 2 hours.
- 3) Remove bananas from freezer and put in a blender. Add milk and blend until smooth.
- 4) Add toppings of your choice (if using).
- 5) Serve immediately.
- 6) Freeze any leftovers in a freezer-safe container.

Be Creative! Add 2 teaspoons of unsweetened cocoa powder to make a chocolate banana swirl.

Nutrition Facts

2 servings per container

Serving size 1 Cup (133g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 28g 10%

Dietary Fiber 3g 11%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 0mg 0%

Potassium 445mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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