

Boo-nanas

Ingredients:

- 4 small ripe, bananas, peeled and cut in half crosswise
- 32-ounce container of vanilla Greek yogurt
- 1 – 2 cups shredded, unsweetened coconut
- 24 chocolate chips

Directions:

1. Line a baking sheet with parchment paper. Insert a popsicle stick into each piece of banana.
2. Cover each piece with yogurt, either by using a rubber spatula, or by dipping directly into the yogurt container (this can get messy, but that is part of the fun).
3. Roll the yogurt covered banana in coconut, and shake it gently to remove any loose coconut.
4. Place 2 chocolate chips as eyes on the banana, and place 1 chocolate chip backwards into the banana as a mouth.
5. Place the bananas on the baking sheet and freeze until frozen, about 2 hours.

Equipment:

- 8 wooden popsicle sticks

Nutrition Facts

Serving Size 1 Boo-Nana (87g)
Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 3g

Vitamin A 0% • Vitamin C 8%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: mykidslickthebowl.com

