



EATING SMART
BEING ACTIVE

Banana Swirl

Makes: 2 servings (1 cup per serving)

Preparation Time: 5 minutes

Freezing Time: 2 to 3 hours

Ingredients

2 bananas (frozen)

2 tablespoons milk

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

Directions

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

Nutrition Facts	
2 servings per container	
Serving size	1 Cup (133g)
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
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.

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