

Chocolate-Dipped Bananas

Ingredients:

4 large ripe bananas, peeled & cut into thirds crosswise
3/4 cup semisweet chocolate chips, melted
1/4 cup shredded coconut

Equipment: 12 wooden Popsicle sticks.

Directions:

1. Line a baking sheet with parchment paper.
2. Insert a Popsicle stick into each piece of banana.
3. Cover each piece with melted chocolate using a rubber spatula.
4. Sprinkle with coconut.
5. Place the bananas on the baking sheet and freeze, about 2 hours.

Nutrition Facts	
Serving Size 1 banana each (51g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 0%	• Vitamin C 6%
Calcium 0%	• 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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