

# Pistachio Chocolate Banana Sushi

## Ingredients:

- 2 bananas
- 1/2 cup dark chocolate, melted
- 1 cup pistachios, chopped

## Directions:

1. Peel the banana and cover with melted chocolate, then sprinkle with chopped pistachios.
2. Place in the freezer for a couple of minutes to allow the chocolate to set.
3. Once the chocolate is hard, use a sharp knife to cut the bananas into bite sized pieces. Enjoy!

<b>Nutrition Facts</b>	
Serving Size 1/2 banana (104g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 300	<b>Calories from Fat</b> 160
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 11g	
<b>Protein</b> 8g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

**Benteh Nuutah**  
**Valley Native Primary Care Center**  
**Wellness Center**  
(907) 631-7630  
southcentralfoundation.com

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