

# BANANA SWIRL

**PREP TIME:**  
5 minutes

**FREEZ TIME:**  
2 to 3 hours

**SERVES:**  
2 servings  
(1 cup per serving)



## INGREDIENTS:

2 bananas (frozen)

2 tablespoons milk

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

## STEPS:

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.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 Cup (133g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 28g	10%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D 0mg	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.