

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	
Serving size	1 Cup (133g)
Amount Per Serving	
Calories	110
	% Daily Value*
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.

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