



## Crunchy Bananas

### Ingredients:

- 2 medium sized bananas, cut in 1/2-inch pieces
- 1/2 cup orange juice
- 1/2 cup “Grape Nuts Cereal”, or other unsweetened cereal

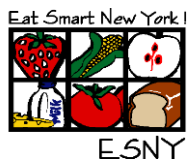
### Directions:

1. Dip banana chunks into orange juice.
2. Roll in cereal.
3. Insert a toothpick into each slice.

*Yields about 4 servings*

Nutrition Facts			
Serving Size: 1/2 banana			
Servings Per Recipe: 4			
Amount Per Serving			
Calories	79	Calories from Fat	2
% Daily Value *			
<b>Total Fat</b>	<b>0g</b>		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>27mg</b>		1%
<b>Total Carbohydrate</b>	<b>20g</b>		7%
Dietary Fiber	2g		7%
Sugars	11g		
<b>Protein</b>	<b>1g</b>		
Vitamin A	3%	Vitamin C	30%
Calcium	1%	Iron	7%
* 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:	2000	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
<b>3% calories from fat</b>			
Analysis based on ready to eat, flaked, unsweetened cereal. Analysis may vary according to cereal used.			

**Source:** Cornell University Cooperative Extension in New York City



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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