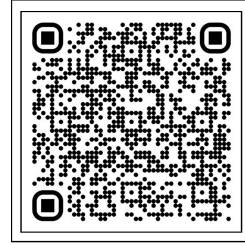




Cornell University  
Cooperative Extension  
New York City



## 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 (1/2 banana each)*

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>1/2 banana (103g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 4mg	<b>20%</b>
Potassium 325mg	<b>6%</b>

\*The % Daily Value 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.

**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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