



A Nutrition Resource

COLD MONKEYS

Yield: 2 Servings | Serving Size: 1/2 banana with yogurt and cereal

Cost/serving: \$0.35

Ingredients:

- 1 banana, cut into bite size pieces
- 3/4 cup (6 ounces) low-fat plain or vanilla yogurt
- 3/4 cup corn flakes or whole grain cereal

Directions:

- 1) Spear banana pieces with toothpick and dip in yogurt.
- 2) Roll cereal and freeze until hard.

Option: Spread peanut butter on the banana pieces (Instead of dipping them in yogurt) and then roll them in cereal. Freeze until hard.

Nutrition Facts

2 servings per container
Serving size 1/2 banana with yogurt and cereal (183g)

Amount per serving	
Calories	160
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 3mg	15%
Potassium 229mg	4%

*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.



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