

Frozen Banana Splits

INGREDIENTS

- 1 banana, sliced (1")
- 12 pineapple pieces
- 6 strawberries, halved
- 1 cup chocolate chips, melted
- 1/4 cup peanuts, chopped

DIRECTIONS

- **Wash hands with soap and water.**
- **Gently rub fruit under cold running water.**
- Line a baking sheet with parchment paper.
- To each skewer, alternative two pieces each of banana, pineapple, and strawberry. Please kebab on the baking sheet.
- Repeat process for the other skewers.
- Drizzle melted chocolate over fruit and sprinkle with peanuts.
- Freeze and serve (if you are impatient like me then enjoy kebabs immediately)!

Nutrition Facts	
12 servings per container	
Serving size	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.1g	16%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 2g	4%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*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.</small>	



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Restaurant or Commercial
Banana Split

105

grams of sugar

VS.

Homemade
Frozen Banana Split

10

grams of sugar

For more information about the University of Georgia
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