

Strawberry Banana Sandwich

Ingredients:

6 each Strawberries
2 each Bananas
12 each Blueberries
2T Cottage Cheese



Photo Credit: group-health.com

Servings: 6

Instructions:

1. Prepare strawberries by cutting them in half.
2. Cut the bananas into 6 slices
3. Spread cottage cheese on the strawberry.
4. Place the sliced banana in the middle of the 2 halves of strawberry.
5. Use the blueberries to attach eyes to the banana.
6. Put cottage cheese on top of the strawberry for a hat (optional).
7. Serve sandwiches fresh.

Nutrition Facts

6 servings per container	
Serving size	1 Each (167g)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 70mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 188mg	4%

*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.