

Banana, Chocolate & Hazelnut Dip

*Cooking Light Test Kitchen Staff
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Servings: 10

**Yield: 2 1/2 tablespoons
per serving**

*1/2 cup plain nonfat Greek yogurt
1/2 cup light sour cream
1 ripe banana
1/2 cup chocolate-hazelnut spread
2 tablespoons powdered sugar
1 tablespoon unsweetened cocoa
graham crackers*

In a bowl, combine the yogurt and sour cream.

Mash the banana with a fork until smooth.

Add the banana, chocolate-hazelnut spread, powdered sugar and cocoa. Mix well to combine.

Serve with graham crackers.

Per Serving (excluding unknown items): 12 Calories; trace Fat (19.6% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 3mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	12
% Calories from Fat:	19.6%
% Calories from Carbohydrates:	69.4%
% Calories from Protein:	11.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	1mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	3mg
Potassium (mg):	27mg

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 5mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 12 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	1%
Cholesterol	1mg	0%
Sodium	3mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.