

Frozen Banana S'mores Bars

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CpommunityTable.com

Servings: 16

1 1/2 cups (9 crackers) graham
cracker crumbs
6 tablespoons butter, melted
1 box (6 ounce) instant chocolate
pudding mix
3 cups 2% milk
1 1/2 to 2 bananas, sliced
mini marshmallows
chocolate sauce

In a bowl, mix the graham cracker crumbs and butter.

Press firmly into the bottom of an eight-inch square pan.

In a bowl, beat the pudding mix and milk for about 2 minutes. Let stand for 5 minutes, until soft set.

Spread half of the pudding over the graham crackers. Add a single layer of sliced bananas. Cover with the remaining pudding.

Top with mini marshmallows and drizzle with chocolate sauce.

Freeze for four hours or overnight.

To serve, let stand at room temperature about 20 minutes.

Per Serving (excluding unknown items): 104 Calories; 6g Fat (51.0% calories from fat); 2g Protein; 11g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 114mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 1 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	104	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	40.7%	Thiamin B1 (mg):	trace

% Calories from Protein:	8.3%
Total Fat (g):	6g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	15mg
Carbohydrate (g):	11g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	114mg
Potassium (mg):	126mg
Calcium (mg):	59mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	265IU
Vitamin A (r.e.):	67RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 104 **Calories from Fat:** 53

% Daily Values*

Total Fat 6g	9%
Saturated Fat 3g	17%
Cholesterol 15mg	5%
Sodium 114mg	5%
Total Carbohydrates 11g	4%
Dietary Fiber trace	2%
Protein 2g	
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Vitamin A	5%
Vitamin C	2%
Calcium	6%
Iron	2%

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