



Healthy Kid Snacks

Cocoa-Nut Bananas

Ingredients

- 4 teaspoons cocoa powder
- 4 teaspoons toasted unsweetened coconut
- 2 small bananas, sliced on the bias

Instructions

Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess, then dip in the coconut

Yield: 4 servings

Nutritional Information: Per serving: 80 calories; 1 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 19 g carbohydrate; 1 g protein; 2 g fiber; 5 mg sodium; 274 mg potassium.

Turkey Rollups

Ingredients

- 4 slices deli turkey breast (about 2 ounces total)
- 8 teaspoons honey mustard or mango chutney
- Freshly ground pepper to taste
- 8 sesame breadsticks

Instructions

Spread each slice of turkey with 2 teaspoons mustard (or mango chutney) and season with pepper. Wrap each prepared turkey slice around 2 breadsticks

Nutritional Information: Per serving: 82 calories; 4 g fat (1 g sat, 1 g mono); 10 mg cholesterol; 10 g carbohydrate; 3 g protein; 0 g fiber; 238 mg sodium; 47 mg potassium.

Yield: 2 servings

Recipe Source: www.Eatingwell.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.