



# Banana S'mores

## Ingredients:

- 1 Banana, peeled
- 2 tablespoons miniature marshmallows
- 2 tablespoons dark (70%) chocolate chips
- 2 tablespoons Cinnamon Toast Crunch cereal, slightly crushed

## Instructions:

1. Preheat grill to medium high heat.
2. Cut banana in half width wise.
3. Slice banana lengthwise and slightly open. Place on a rectangle of aluminum foil.
4. Sprinkle marshmallows and chocolate chips into the sliced banana.
5. Wrap banana in foil and cook on the grill for 5-6 and broil until marshmallows are lightly toasted.
6. Unwrap banana and top with cereal. After marshmallows have slightly cooled eat with a spoon.

## Variations:

Use a darker chocolate (80 %cocoa or more) as it contains a high source of antioxidants.

*Prep Time: 5 minutes*

*Cooking Time: 3-4 minutes*

*Equipment:  
Aluminum Foil*

*Servings: 1  
Serving Size: 1*



<b>Nutrition Facts:</b>	270	7g	4g Saturated	50 g	2 g	4g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	31g	50 mg				
	Sugar,	Sodium.				

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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