

Sporty Banana Super Cooler

4 portions

Ingredients

1L	Coconut water
500mL	Blueberry
250mL	Strawberry, halves
125mL	Banana, roughly chopped

Method

- 1 Layer banana and strawberry pieces in a popsicle mould.
- 2 Top with blueberries, then fill with coconut water.
- 3 Freeze for 3 - 4 hours.
- 4 Serve to a super hero as an afternoon snack.

Banana

Bananas contain a variety of vitamins and minerals, including manganese, magnesium and B-vitamins, which are important for the strong growth and development of future professional sports stars.



Calculated nutrients
per portion

Calculated nutrients
per 100g

Energy	106 kcal/ 445 kJ	23 kcal/ 95 kJ
Protein	3g	1g
Fats, total	1g	0g
Carbohydrate, total	24g	5g
Sugars, total	16g	4g
Fats, saturated	0g	0g
Fibre, total dietary	6g	1g
Sodium	264mg	56mg
Salt	653mg	141mg

*Nutritional values may vary.