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COCONUT-TOPPED BANANAS	Stabilization (Week 3) & Maintenance Lifestyle
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Ingredients

- 2 TBS vanilla fat-free, low-calorie yogurt
- 2 TBS creamy peanut butter
- 1/3 cup cornflakes, coarsely crushed
- 2 TBS flaked coconut
- 2 small bananas (each about 6 inches long)

Instructions

1. For the spread, in a small bowl, stir together the yogurt and peanut butter. Set aside.
2. In a small skillet, combine cornflakes and coconut. Cook over medium heat for 2-3 minutes or until coconut is starting to brown. Remove from heat. Set aside.
3. Slice each banana in half crosswise, then in half lengthwise to make 8 pieces. Spread the long cut side of each banana piece with yogurt mixture. Top with coconut mixture.

Portion-Per-Serving Information (Serves 8):

1 serving = 1 FR, 1/2 FT