



# Strawberry Banana “Candy Canes”

Makes: 20 “Candy Canes”

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
20	bananas	20
40 or more	strawberries (about 500 g or 1 lb)	40 or more

## Instructions

1. Slice bananas in 6 – 8 slices.
2. Slice strawberries in thick slices.
3. Alternate banana and strawberry slices in the shape of a candy cane.

### Nutrition Information

Serving ½  
“candy cane”

**Calories** 70

**Fat** 0.5 g

Saturated 0 g

+ Trans 0 g

**Sodium** 30 mg

**Carbohydrates** 15 g

Fibre 1 g

Sugars 1 g

**Protein** 2 g

Calcium 0 mg

Iron 0.2 mg

### Food Guide Servings

1 Vegetable & Fruit

