

Peanut Butter Bananas

This treat can be made with your kids in the morning, then frozen for an afternoon snack.

Makes: 4 servings

Ingredients

- 2 bananas
- ¼ cup peanut butter
- toppings such as crushed nuts, sprinkles, shaved chocolate, or shredded coconut



Directions

1. Peel bananas. Spread the entire outside of each banana with peanut butter.
2. Roll the bananas in crushed nuts, sprinkles, or other toppings.
3. Cut the bananas into one-inch slices.
4. Store in the refrigerator or freezer until ready to serve.

Recipe from: *Eating Smart, Being Active*, Colorado State University and University of California at Davis, adapted by the USDA Food and Nutrition Administration.

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