



## Celebrate! Eat Smart & Be Active



**EFNEP**

Expanded Food and Nutrition Education Program

### Peanut Butter Bananas

Makes: 14 (1-inch) pieces  
Preparation Time: 5 minutes

#### Ingredients

2 bananas, peel  
1/2 cup peanut butter  
1/4 cup crushed nuts

#### Directions

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

*Be Creative!*

Roll the banana sandwiches in shredded coconut or crushed cereal.

*Eat Smart: Focus on Fruit!*

#### Nutrition Facts

Serving Size 2, 1-inch pieces (61g)  
Servings Per Container 7

Amount Per Serving

**Calories** 170    **Calories from Fat** 110

% Daily Value\*

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 6g	

