

## Ingredients:

- 1 tablespoon creamy peanut butter
- 2 large bananas, sliced

## Directions:

1. Wash hands with soap and warm water. Wash all fresh fruit before preparing.
2. Peel and slice the bananas. Put in the freezer for 1-2 hours until frozen.
3. In a blender, add the frozen banana slices and peanut butter.
4. Blend until smooth. Scrape the sides and add a little water to help blend if necessary.
5. Divide the mixture into two bowls and enjoy!



## Nutrition Facts (Per Serving)

Calories, 88; Carbohydrate, 20 g; Protein, 3 g; Total Fat, 5 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 3 g; Total Sugars, 11 g; Sodium, 35 mg; Calcium, 8 mg; Folate, 23 mcg; Iron, 1 mg; Calories from Fat, 41%.

Makes: 2 servings, 1/2 batch each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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