

Recipes

Peanut Butter Banana Nuggets

Ingredients:

Equipment:

 cup whole wheat natural cereal
tablespoons peanut butter,

chunky 2 bananas Cutting Board Knife Small bowl Wax paper Toothpicks

Number of Servings: 4 Prep Time: 10 minutes Total Time: 30 minutes

Directions

- 1. Place cereal in a zippered plastic bag and close zipper.
- 2. Use a rolling pin or side of a smooth glass to crush cereal into fine pieces.
- 3. Spread on a plate and set aside.
- 4. In small bowl, microwave peanut butter on high until smooth, about 1 to 2 minutes.
- 5. Peel and cut bananas into 2" slices.
- 6. Using a toothpick to pick up bananas, cover bananas in peanut butter, then roll in cereal until coated.
- 7. Chill until ready to serve.





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Nutrition Facts

Serving Size: 3 piec Servings: 4

Calories 182		Calories from F	at 45
		%Daily V	alue*
Total Fat 5g			7%
Saturated Fat 1g			5%
Cholesterol Omg			0%
Sodium 39mg			5%
Total Carbohydrate 33g			11%
Dietary Fiber 4g			16%
Protein 5g			11%
Vitamin A	1%	Vitamin C	9%
Iron	6%	Calcium	2%

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