



A Nutrition Resource



PEANUT BUTTER BANANAS

Yield: 7 Servings | Serving Size: 2 (1-inch) pieces

Cost/Serving: \$0.25

Ingredients:

- 2 bananas, peeled
- 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 1-inch slices.
- 4) Serve immediately or store in the refrigerator or freezer until ready to serve.

Nutrition Facts

7 servings per container

Serving size 2 1-inch pieces (61g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 1mg 6%

Potassium 296mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Variation: Roll in shredded coconut or crushed cereal.

This recipe is used with the permission of Colorado State University Extension's Eating Smart Being Active Program.

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