

Snack | Side

Frozen Peanut Butter Banana Bites

25 Mins
Prep Time

2 Hrs
Freeze Time

8
Servings

158 Calories **10g Fat** **19g Carbs** **3g Protein**



Ingredients

8 Servings **2 Hrs 25 Mins Total Time** **Allergens: Nuts**

2 Large Bananas

1/3 Cup Creamy Peanut Butter

1/2 Cup Dark Chocolate Chips

Allergen Swap

Nuts Substitute peanut butter for Sun Butter®

Nourishment Note



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.



Peanut Butter

Smooth peanut butter is a flare-friendly source of protein. Peanut butter is also high in healthy monounsaturated fats, which provide vitamin E, an important antioxidant.

Instructions

1. Create Piping Bag

Place a sheet of wax paper on the baking sheet. Measure peanut butter and using a rubber scraper transfer peanut butter to the zip top bag. Squeeze the peanut butter into one corner of the bag, squeezing out the excess air. Cut off the corner tip of the bag to create a piping bag. Set aside.

2. Prep Bananas

Slice bananas into approximately 1/2" rounds. Set half of the banana rounds on the prepared baking sheet. Using the piping bag, pipe a dollop of peanut butter onto each slice. When finished, top each banana with an additional round to create a sandwich.

3. Freeze Bites

Freeze bananas and peanut butter until they are completely frozen, at least one hour.

4. Melt Chocolate

When bananas are frozen, melt chocolate chips in a small sauce pan, over low heat, stirring constantly. Remove from heat.

5. Serve & Enjoy

Carefully dip each banana bite halfway into the melted chocolate and return to the wax paper. When finished, return chocolate covered banana bites to the freezer for another hour. When frozen, enjoy.

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Wax Paper



Baking Sheet



Measuring Cups



Rubber Scraper



Zip Top Bag



Scissors



Knife



Small Sauce Pan



Spoon

Remission Remix

- When energy levels are high, make these tasty treats and store in the freeze for up to a month.