

Peanut Butter Banana Nuggets

Ingredients:

- 1 cup whole wheat natural cereal
- 2 tablespoons peanut butter, chunky
- 2 bananas

Equipment:

- 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 pieces

Servings: 4

Amount Per Serving

Calories 182 Calories from Fat 45

%Daily Value*

Total Fat 5g 7%

Saturated Fat 1g 5%

Cholesterol 0mg 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%

*Percent Daily Values are based on a 2,000 calorie diet.

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