

Snack | Side

Frozen Peanut Butter Banana Bites

25 Mins **Prep Time**

2 Hrs **Freeze Time** Servings

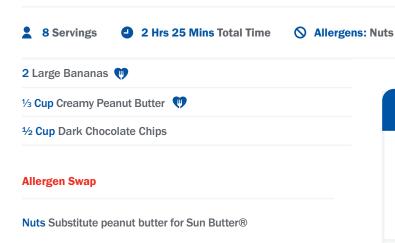
158 Calories

10g Fat 19g Carbs

3g Protein



Ingredients





® 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. Wash Hands

Wash hands with soap and water.

2. 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.

3. Prep Bananas

Slice bananas into approximately $\frac{1}{2}$ " 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.

4. Freeze Bites

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

5. Melt Chocolate

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

6. Serve & Enjoy

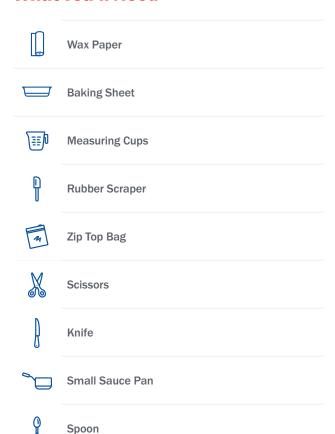
Carefully dip each banana bite halfway into the melted chocolate and return to the wax paper. When finished, return chocolate covered banana bites to the freezer for another hour. When frozen, enjoy.

7. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Remission Remix

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