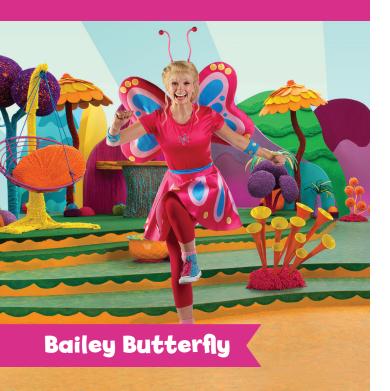
## ALMOND BUTTER BANANA BITES

Prep time: 5 minutes

Servings: 8

Serving size: 2 pieces

Bailey Butterfly flaps her wings for these scrumptious treats that have just the right amount of flutterful sweetness. Make them with your Moblees as a healthy snack or a nutritious dessert option!



## **INGREDIENTS:**

- 2 medium bananas
- 2 tbsp smooth almond butter (no added sugar or salt)
- 1/2 cup oat "O" cereal (or other favourite cereal)

## **EQUIPMENT AND SUPPLIES:**

- Knife
- Plate
- Bowl

Adult supervision required.

## **DIRECTIONS:**

- 1. Slice each banana into 1-inch thick coins. Place on a plate and freeze for 5 minutes.
- 2. Crush cereal onto a plate and leave to the side.
- 3. Place almond butter in a bowl and microwave for 10 seconds, until warm.
- 4. Dip cut side of the banana into the almond butter, so it is lightly coated, then stamp the same end into the crushed cereal.

**Nutrition Facts** Serv. Size approximately 2 pieces, Amount Per Serving: **Calories** 60, **Total Fat** 2.5g, Saturated Fat 0g, Trans Fat 0g, Sodium 15mg, Total Carbohydrate 9g, Dietary Fiber 1g, Sugars 4g, Protein 1g

