

ALMOND BUTTER BANANA BITES

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Prep time: 5 minutes

Servings: 8

Serving size: 2 pieces
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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!



Bailey Butterfly

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

