



A Nutrition Resource

PEANUT BUTTER BANANAS

Yield: 7 Servings | Serving Size: 2 (1-inch) pieces

Cost/Serving: \$0.25

Ingredients:

- 2 bananas, peeled
- 1/2 cup peanut butter
- 1/4 cup crushed nuts

Directions:

- 1) Spread the entire outside of each banana with peanut butter.
- 2) Roll the bananas in the crushed nuts.
- 3) Cut the bananas in 1-inch slices.
- 4) Serve immediately or store in the refrigerator or freezer until ready to serve.

Variation: Roll in shredded coconut or crushed cereal.

This recipe is used with the permission of Colorado State University Extension's Eating Smart Being Active Program.

Nutrition Facts

7 servings per container

Serving size 2 1-inch pieces (61g)

Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 296mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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