

Ingredients:

- 1 medium banana
- 1 Tablespoon peanut butter
- 2 Tablespoons chopped roasted peanuts (unsalted)

Banana Pops
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Directions:

1. Wash hands with warm water and soap.
2. Peel banana and cut in half.
3. Put a popsicle stick in the center of each half.
4. Spread banana halves with peanut butter.
5. Pour chopped peanuts onto a plate and roll banana halves in peanuts.
6. Wrap in plastic wrap or foil and freeze before serving.

Nutrition Facts (Per Serving)

calories, 153; carbohydrate, 17 g; protein, 5 g; total fat, 9g; saturated fat, 1.5 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 3 g; total sugars, 8 g; sodium, 38 mg; calcium, 11 mg; folate, 31 mcg; iron, 1 mg; percent calories from fat, 53%.

Recipe adapted from aboutpeanuts.com

2 servings, 1/2 banana pop each

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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