

# RECIPE

## Frozen Peanut Butter Banana Sandwiches

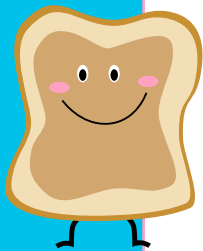
Start to Finish: 1 hour 15 minutes Servings: 10

### Ingredients:

- 1/2 cup reduced-fat creamy peanut butter
- 2 tablespoons honey
- 20 squares low-fat graham crackers
- 1 small banana, mashed

### Directions:

1. Mix peanut butter, banana and honey in small bowl.
2. Spread peanut butter mixture on each of 10 graham crackers and top with remaining graham crackers.
3. Freeze for 1 hour. Individually wrap and store in freezer for up to 1 week.



### Nutrition Information Per Serving:

143 Calories; 6 g Total Fat; 0.8 g Saturated Fat; 0 mg Cholesterol; 144 mg Sodium; 20.5 g Carbohydrates; 0.8 g Fiber; 10 g Sugars; 2.9 g Protein