

# BANANA, PEANUT BUTTER & CHOCOLATE BITES



## QUICK

Less than 10 mins

## HEALTHY

Peanut butter contains more unsaturated fat than saturated fat, so we can enjoy it, in moderation, knowing that it is a great source of healthy fats.

## FAMILY

Makes about 14

## MEALS

Makes a great alternative to a sugary unhealthy dessert

## INGREDIENTS

- 2 bananas
- 25g sugar free chocolate
- Crunchy Peanut butter
- Cocktail sticks

## METHOD

1. Cut the bananas into slices approx. 1/2cm thick
2. Spread peanut butter in the middle
3. Pop another banana piece on top
4. Pop a cocktail stick in each banana
5. When they are all ready, melt the chocolate
6. Drizzle a little chocolate over the side of each banana
7. Serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)