

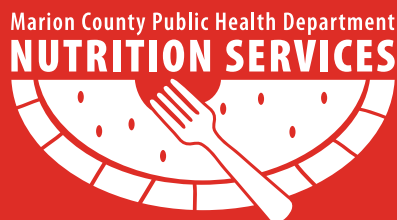


PEANUT BUTTER CUP

RECIPE MAKES 2 SERVINGS
SERVING SIZE = 1 cup

NUTRITION INFORMATION

Calories: 372
Total Fat: 17 g
Saturated Fat: 4 g
Cholesterol: 3 mg
Sodium: 217 mg
Total Carbohydrate: 46 g
Fiber: 7 g
Sugars: 27 g
Protein: 16 g



OVERRIPE BANANAS?

Don't throw them away! Peel and cut your overripe bananas into chunks then put them in a storage bag in the freezer to make a smoothie later! Bananas are one of the most convenient and affordable fresh fruits you can buy. They are naturally sweet and are rich in nutrients like potassium and fiber. This recipe makes a great mid-day pick-me-up, pre-or post exercise snack, or as a quick breakfast on the go. It's also kid approved!

INGREDIENTS

¼ cup peanut butter
2 frozen overripe bananas
1 ½ cup skim milk, or milk substitute
2 Tbsp. cocoa powder

DIRECTIONS

Combine all ingredients in a blender and mix on high until smooth.

RECIPE NOTES

You can freeze a variety of different kinds of fresh produce to decrease your food waste and save money! Set aside some time each week to take inventory of what produce you have that needs to be frozen and stored for later before it goes bad. Smoothies are a great way eat more fruits and vegetables and use frozen produce that you have stored.

If you would like to speak to a dietitian or are interested in nutrition programming call: 317-221-7512 or 317-221-7403