

CUT 

# Peanut Butter Banana Frozen Sandwich



Where service *and savings* matter.

**SERVINGS:** 4

**INGREDIENTS:**

**NUTRITIONALS**

Nutritional analysis per serving: calories 180, calories from fat 90, total fat 10g, saturated fat 1.5g, cholesterol 0g, sodium 85g, total carbohydrate 21g, dietary fiber 2g, sugars 10g, protein 5g, vitamin A 0%, vitamin C 4%, calcium 2%, iron 6%

8 Food Club honey graham cracker rectangles, halved  
2 bananas, mashed  
½ cup Arrowhead Mills Creamy Peanut Butter (5 oz)

**DIRECTIONS:**

1. Mix peanut butter and mashed banana; spread it between graham crackers and freeze.
2. If not eaten immediately, wrap individually in clear plastic wrap and store in freezer.

Source: Denise Brown, San Antonio

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

## ★ Peanut Butter Banana Frozen Sandwich ★

# Shopping List

**PRODUCE:**

- 2 Bananas

**WHOLE GRAINS/  
BREADS/PASTA:**

- Food Club honey graham crackers

**GROCERY/FROZEN/  
MISCELLANEOUS:**

- Arrowhead Mills creamy peanut butter