

Peanut Butter Banana Frozen Sandwich

Ingredients:

8 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.

Yield: 4 Servings

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%