FitSugar

Peanut Butter and Banana Smudgies

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A healthy treat that's easy to make, has only 3 ingredients and is perfect for Summer.

Recipe from: My Preschool Teacher

Peanut Butter and Banana Smudgies

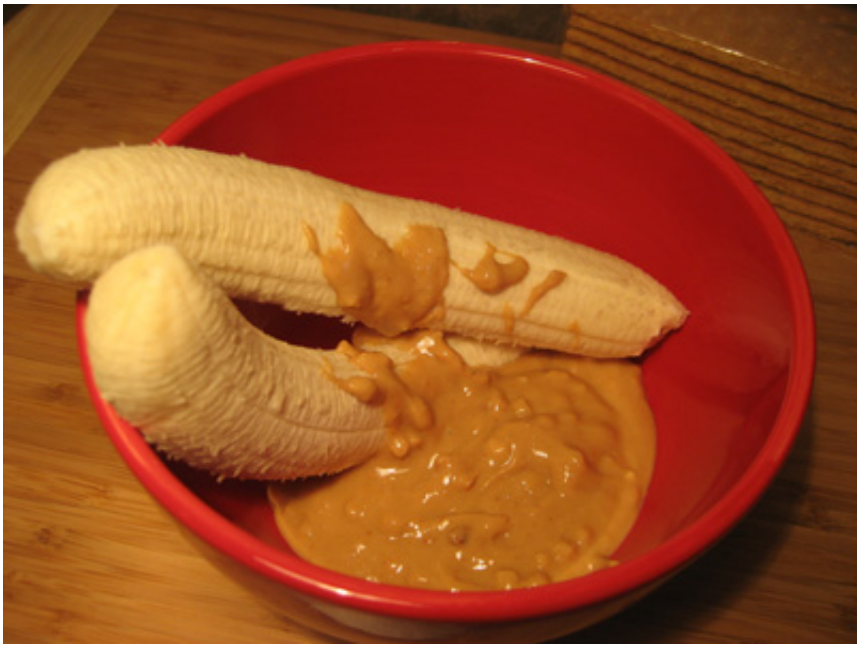
Ingredients

2 ripe bananas
2 heaping tablespoons of all natural crunchy peanut butter
8 graham crackers rectangles (which makes 16 squares)

Directions

Serving Size: 1 Smudgie sandwich
Yields: 8 Smudgie sandwiches

1. Peel the bananas and place them in a bowl.



2. Put two tablespoons of crunchy peanut butter in the bowl and mash the two together with a fork until creamy.

3. Place 8 graham cracker squares on a piece of foil. Use the fork to smear the banana and peanut butter mixture onto the crackers.

4. Then place a plain graham cracker on top to make 8 sandwiches.

5. Stack them so you have a row of four and then wrap them in the foil.

6. Place them in the freezer for at least six hours and enjoy.

My Rating: Average (15 votes):

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