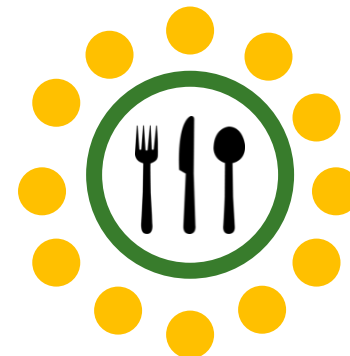


## recipe of the week:

### *Peanut Butter & Jam Banana Bites*



#### ingredients:

Organic bananas

Jam (for healthier jam, choose one with 75% or more fruit content)

Peanut Butter (or any nut butter) (Try to get nut butter with no palm oil and minimal sugar content)

#### directions:

1. Peel banana and slice in half vertically.

2. On one half of the banana slice, spread jam.

3. On the other half of the banana, spread nut butter.

4. Place two halves on top of each other like a sandwich.

5. Cut banana into pieces horizontally and serve immediately. Enjoy!

Presented by:

