

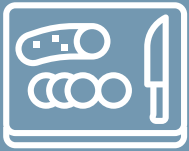


Banana Crackers

4 Steps to Food Safety



Clean



Seperate



Cook



Chill

Ingredients:

- 2 graham cracker squares
- 1 Tablespoon peanut butter (or your favorite nut butter)
- ½ of a banana, gently rubbed under cold running water

Directions:

1. Wash hands with soap and water.
2. Spread peanut butter on graham cracker squares.
3. Peel and slice banana.
4. Arrange banana slices on top of peanut butter. Enjoy!

Makes 1 serving

Nutrition Information for 1 serving: Calories 160, Total Fat 9g, Saturated Fat 2g, Cholesterol 0mg, Sodium 85mg, Total Carbohydrates 20g, Fiber 2g, Total Sugars 10g, includes 2g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 6%

For more healthy tips and recipes, go to:
[Food.unl.edu](https://www.food.unl.edu)

The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](https://www.go.unl.edu/nondiscrimination).

