



Simple | Healthy | Delicious

Frozen Yogurt Banana Bites

INGREDIENTS

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| 1 cup yogurt of choice |
| 1 tablespoon pure vanilla extract |
| 2 tablespoons Nature's Earthly Choice Peanut Powder With Cocoa |
| 1 to 2 tablespoons honey or maple syrup |
| 2 to 3 bananas |



DIRECTIONS:

1. In a small bowl, combine the yogurt, vanilla, peanut powder, and honey. You can add more peanut powder or honey, if you'd like.
2. Peel and slice the bananas. With a spoon, dip each piece in yogurt until completely coated. Place on a parchment-lined cookie sheet and garnish with coconut flakes, granola, or chocolate chips.
3. Freeze until the yogurt hardens, about 3 hours or overnight.