Banana Crackers

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

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