

## Banana Graham Freezy Treats

Makes 16 treats

2 large ripe bananas  
1/2 cup Peanut Butter  
1T sugar  
1 t cinnamon  
8 graham cracker rectangles (16 squares)



Mash up the bananas with a fork or potato masher. Add the peanut butter and mix together. Place 2 tablespoons of the mixture on to a graham cracker square and top with another square. Place in freezer and freeze for at least three hours.

Nutrition Information Per Treat:

120 calories, 5g total fat (1g saturated fat), 1g dietary fiber, 3 g protein, 120 mg sodium.

