

# P B and J Frozen Bananas

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*3 small bananas, peeled  
and cut in half crosswise  
6 ice cream sticks  
1 1/2 cups peanut butter  
1/2 cup coconut oil  
2 cups freeze-dried  
strawberries*

Cut the bananas in half crosswise. Insert a stick into the cut end of each banana. Place the banana halves on a parchment paper-lined baking sheet. Place in the freezer until firm, three to four hours.

Prepare the toppings: In a microwave-safe bowl, place the peanut butter and coconut oil. Microwave the mixture in 30-second intervals, stirring, until smooth, about 2 minutes. Place the mixture in a shallow bowl.

In another shallow bowl, place the freeze-dried strawberries.

Dip the frozen bananas in the peanut butter mixture twice, then roll in the strawberries.

Return the bananas to the freezer.

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Per Serving (excluding unknown items): 3560 Calories; 308g Fat (72.8% calories from fat); 101g Protein; 158g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 1811mg Sodium. Exchanges: 4 1/2 Grain(Starch); 11 1/2 Lean Meat; 5 1/2 Fruit; 54 1/2 Fat.