



## January 24- Peanut Butter Banana Sandwich Kabob

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2696628>

### Recipe

#### *Ingredients:*

- 4 sliced whole-wheat bread
- 2 Tablespoon peanut butter
- 1 banana
- 4 wooden skewers

#### *Directions:*

1. Use a small circular cookie cutter to cut out four circles from each slice of bread.
2. Spread the peanut butter on half of the rounds of bread, then top with remaining bread making mini sandwiches.
3. Alternate banana slices and mini sandwiches on each skewer (3 banana slices and two mini sandwiches).

Yield 4 servings

### Nutrition Facts

Serving Size 1 kabob (82.5g)  
Servings Per Container 4

#### Amount Per Serving

**Calories** 210      **Calories from Fat** 50

**% Daily Value\***

**Total Fat** 6g      **9%**

**Saturated Fat** 1.5g      **6%**

*Trans Fat*

**Cholesterol** 0mg      **0%**

**Sodium** 340mg      **14%**

**Total Carbohydrate** 32g      **11%**

**Dietary Fiber** 4g      **16%**

**Sugars** 8g

**Protein** 6g      **12%**

Vitamin A 0%      •      Vitamin C 4%

Calcium 2%      •      Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.