

Frozen Peanut Butter Banana Bites

Maintenance/Treatment to be mixed into your banana bite:
peanut butter

Note: this recipe is only to be used when your child has reached Tolerance dosing and has been provided the conversion to peanut butter.

Supplies needed:

- Parchment paper

Ingredients:

- JIF or Skippy Creamy Peanut Butter
- 1 banana
- Optional: Enjoy Life Chocolate Chips

Instructions:

1. Cut up your banana into slices (thickness to your liking).
2. Measure out your peanut butter dose
3. Spread a small amount of peanut butter onto one slice of banana
4. Make a peanut butter banana sandwich by applying a second slice of banana on top of the peanut butter.
5. Optional: melt Enjoy Life Chocolate Chips in the microwave or on the stovetop.
6. Dip the PB Banana Bite into the melted chocolate to cover half of the banana bite or cover the entire banana sandwich
7. Repeat this process until the peanut butter dose is completely used up.
8. Set aside on parchment paper and store in the freezer for at least 1 hour then serve.

Storage:

- Store in the freezer for up to 1 month.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: peanuts

