

Cooking with Welby



Banana Dippers

Preparation: 5 mins

Cooking: 0 mins

Serves 4, costs under £1.00



vegetarian



vegan



Ingredients

- 4 Small bunch (320g) Bananas
- 2 Tablespoons (80g) Peanut Butter
- 2 Tablespoons (16g) Bran Flakes
- 2 Tablespoons (12g) Corn Flakes
- 1 Tablespoon (30g) Dried Mixed Fruit
- 1 Tablespoon (30g) Chopped Nuts

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Nutritional Information

Based on a single serving of 122g

Energy

288.00
kcal
1209 kJ

Fat

14.80g

Saturates

3.30g

Sugar

24.80g

Salt

0.40g

Method

1. Using the back of a spoon, crush the corn flakes and bran flakes on separate plates. Place raisins and nuts on separate plates.
2. Peel the bananas and slice each one into three pieces. Using a knife, spread peanut butter on one end of each piece of banana.
3. Dip each piece of banana in the crushed cereal, fruit or nuts then serve.

Tips for Kids

Kids will enjoy dipping the bananas in their favourite toppings!

Recipes courtesy of Parent Club

Parent Club

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