

PB and J Banana Dog

What You'll Need

- 1 whole wheat hot dog bun
- 1 ripe banana, peeled and sliced
- 2 teaspoons of peanut butter
- 1 teaspoon seedless strawberry jam or jelly

Serves 2

Let's Cook!

- 1 Spread peanut butter on hot dog bun.
- 2 Place sliced banana on top.
- 3 Spread strawberry jam or jelly on top of the banana.
- 4 Cut dog in half and serve.

Nutrition Facts

Serving Size (89g)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	• Vitamin C 8%
Calcium 2%	• Iron 4%

