

FROZEN BANANA BUTTONS



WITH ADVENTURES & RECIPES

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Raise your hand if you are sick of banana bread recipes. It is impressive how fast bananas go from green to brown, but instead of banana bread, let's make some frozen bite-sized treats.

BANANA BUTTONS

These buttons make a sweet, petite treat for people of all ages.

This recipe is extremely flexible because you can decide to use all chocolate ingredients or, if you are adventurous, add nuts, seeds, or even berries. It is easy enough to keep the kids busy for an hour or two, and there is minimal cleanup.

Ingredients

4 brown bananas
1 cup cereal-
1 teaspoon of cocoa powder
2 teaspoons of brown sugar (Optional)

Tools

Wax Paper for your treats
1 fork for mashing bananas

1 bowl of crushed cereal (dredging)
1 bowl for mashed bananas (batter)

Save 1 banana at room temperature for the 'batter'
Peel and cut your bananas into bite-sized discs- ½ inch
Place each disk on wax paper, then freeze them for at least one hour

Mash your one warm banana in a bowl to make a batter,
add your cocoa powder and sugar.
Stir until well blended
Remove your tray of bananas from the freezer
Crunch your cereal and put it in a bowl
Dip each disc into the batter, then dredge it in the crunchy mix
Place back onto your wax paper and refreeze your treats
Eat them up, yum

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