

Serves 2 • Serving size: 5 sandwiches



PREP: 10 minutes

## Nutty Monkey BITES

2 bananas, peeled  
¼ cup cold sunflower or nut butter, divided  
¼ cup chocolate chips, melted  
¼ cup shredded coconut  
¼ cup nuts or seeds, finely chopped using the Chop 'N Prep™ Chef

1. Line sheet tray with Silicone Wonder® Mat.
2. Slice bananas into ¼"/5 cm coins.
3. Spread approximately ¼ tsp. of nut butter on half of the banana slices. Top each with another banana slice.
4. Dip half of each banana sandwich into melted chocolate. Then dip chocolate covered side into coconut, nuts or seeds.
5. Place banana sandwiches on Silicone Wonder® Mat lined sheet tray and refrigerate until chocolate has set. Serve chilled.

*TIP: Refrigerate nut butters before building sandwiches. If bananas are too moist to dip, drizzle chocolate over banana sandwiches instead.*

Nutritional Information (per serving):  
Calories: 420 Total Fat: 28g Saturated Fat: 5g Cholesterol: 0mg  
Carbohydrate: 46g Sugar: 29g Fiber: 6g Protein: 7g Sodium: 90mg  
Vitamin A: 2% Vitamin C: 15% Calcium: 4% Iron: 10%

date  
me

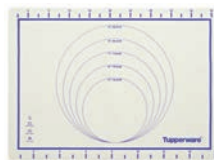
Tupperware®



TO DEMO



Chop 'N Prep™  
Chef



Silicone  
Wonder® Mat

OPTIONAL



Measuring  
Cups



Silicone  
Spatula