

# Banana Snack Bar



1

servings



10

minutes

These banana snack bars are nutrient-dense, delicious, and perfect to satisfy sweet & salty late night cravings.



## Ingredients

- 1 banana
- 2 tbsp nut butter
- 2 tbsp of hemp seeds
- 2 tbsp chocolate chips

## Method

1. using a butter knife slice a banana long ways (hotdog bun style)
2. spread 1 tbsp of nut butter on one half of the banana and 1 more tbsp on the other side
3. sprinkle your hemp seeds and chocolate chips on each side of the banana
4. Enjoy!