



Snacks

Almond Butter Banana Bites

Ingredients:

- 1 banana
- 2 TBSP almond butter
- 1 TBSP chia seeds

Directions:

1. Slice banana lengthwise, and then halve to get four pieces.
2. Top with almond butter and a sprinkle of chia seeds.

Serves: 1-2

Recipe facts:

- Almond butter is a great source of protein and healthy fats.
- Bananas are packed with potassium and fiber, beneficial to your digestive system.
- Chia seeds are filled with omega-3 fatty acids, beneficial for your heart, your mental health, and preventing memory loss.

