

# frozen banana treats

## ingredients

- 2  bananas
- $\frac{1}{4}$  cup  nut or seed butter
- $1\frac{1}{4}$  cups  chocolate chips
- 1 tbsp  coconut oil

## instructions

1. Cut the bananas into slices. 
2. Spread nut or seed butter on slices of banana and place another slice on top to make a sandwich.
3. Place the banana sandwiches in the freezer for a few hours.
4. Melt the chocolate and coconut oil in the microwave by heating them for 30 seconds at a time and stirring.
5. Dip the frozen bananas in the chocolate and freeze until the chocolate has hardened. Store in the freezer.

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# diy drinkable yogurt

## ingredients

- $1\frac{1}{3}$  cups  plain yogurt
- $1\frac{1}{3}$  cups  fresh or frozen fruit
- $\frac{2}{3}$  cup  milk
- 2-3 tbsp  honey

## instructions

1. Pour the yogurt and fruit into the blender.
2. Blend for 30-60 seconds until smooth.
3. Add the milk and honey and blend until combined.
4. Taste and add more milk or honey as needed.