Frozen Fruit & Peanut Butter Bites

Layers of fruit and peanut butter frozen into little bonbons — a proper freezer staple.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**4**	**EASY**

Ingredients

- 10 small strawberries (or 4 bananas, chopped)
- 2 tbsp peanut butter

Method

1. In small silicone cupcake moulds, alternate layers of chopped fruit and peanut butter.
2. Freeze for about 20 minutes, until solid.
3. Pop out of the moulds and eat straight from the freezer.

Tips & swaps

- A brilliant one for kids to help assemble.

Storage & reheating

Keeps in the freezer for up to a month.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
100	**3g**	**6g**	**7g**	**2g**

Estimated values, for guidance only. Contains: Peanuts.