



# Chocolate Banana Rice Krispie Treats

## INGREDIENTS

2 tablespoons butter of choice  
1 10-ounce bag marshmallows  
of choice (a vegan choice) or  
marshmallow fluff  
3 cups rice krispies  
1 cup pretzels broken  
2 packs of Dark Chocolate Nut  
Crunch or Banana Nut Crunch  
Supernola  
½ Banana, mashed

## INSTRUCTIONS

1. Grease an 8x8 dish with ½ tablespoon of the butter/oil of choice
2. In a medium sauce pan, melt butter and mix in marshmallows until combined. Mix in rice krispies and pretzels gently until combined
3. Add in mashed banana
4. Remove from heat
5. Crunch 2 packs of Supernola, either flavor, to break down the large clusters & gently mix in
6. Spread into an 8x8 or 9x9 pan
7. Spread evenly and gently & pop in fridge to quickly cool
8. Cut & enjoy!



## Superfood Highlight: Bananas

- Now there can be a lot of controversy over whether or not bananas are good for you because of their high carb and sugar content. The important thing to remember is that no matter what, real fruits and veggies are better than straight sugar, so if sugar and carbs are coming from a banana, it's much better for you than straight sugar and carbs.
- They also contain fiber, potassium, folate, and antioxidants, such as Vitamin C. All of these support heart health, but the fiber especially works to slow the digestion of sugar naturally in the banana, so you won't necessarily get a sugar high from them like you would eating the same amount of straight sugar.