



# SNOWMAN BANANAS

Suggested by  FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES

## INGREDIENTS

- 1 banana
- 5 petzels
- 12 semi-sweet chocolate chips
- 2 rods

## METHOD

- First, cut the bananas into thick slices.
- The figure is assembled by threading three slices of banana on a rod.
- Then decorate with chocolate chips to make buttons on her body and for eyes.
- Use pretzels for the arms and a broken piece of about 1/3 of the stick to make the nose

## PREPARATION TIME

- Preparation | 5 minutes
- Servings | 2

**14 G OF CARBOHYDRATES PER MAN**