

Fit for Hockey Program

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**Peanut Butter and Banana Treats**

A favourite snack that packs delicious nutrition and energy. Eat one hour before game or practice with a big glass of water.

1 ripe firm banana, peeled

2 tbsp peanut butter

6 grapes, sliced in half

Slice banana into 12 even rounds, top with peanut butter and half a grape, repeat with remaining ingredients...they will disappear as you make them.

Source: [www.foodthought.com](http://www.foodthought.com)

[www.carhahockey.ca/fitforhockey](http://www.carhahockey.ca/fitforhockey)

