

Delicious Daniel Fast Snack or Dessert

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Frozen Banana Bars

2 medium bananas, peeled, sliced (about 2 cups)

1 cup roughly chopped dates

1 cup roughly chopped raw cashews

Place bananas, dates, and cashews in a food processor or blender. Process about 30 seconds or until smooth. Transfer to an 8 x 8-inch baking dish. Place in freezer 3-4 hours or until firm. To serve, cut into 2 x 2 1/2 -inch bars and serve and store in freezer.

Yield: 12 servings (serving size: 1 bar)