



## Banana Chocolate PB Caramel Popcorn

### Ingredients

- 12 cups popped popcorn, unflavored
- 1/2 cup honey
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 1 cup creamy peanut butter
- 1/4 cup **MicroDried® Banana Powder**
- 1/2 cup **MicroDried® Banana Fragments**
- 6 oz dark chocolate, melted



### Process

1. Prepare large baking sheet with parchment paper. Set aside.
2. Pop popcorn and pour in large mixing bowl. Set aside.
3. Combine honey and brown sugar in sauce pan over medium heat, stirring occasionally.
4. Bring mixture to boil. Let boil for 3 minutes. Add salt, peanut butter, MicroDried banana powder and banana fragments. Remove from heat.
5. Pour mixture over popcorn. Gently toss until the popcorn is coated.
6. Spread popcorn over prepared baking sheet. Let cool.
7. Melt dark chocolate and drizzle over cooled popcorn.
8. Serve popcorn once chocolate has set.



## Banana Cream Pie Protein Smoothie

### Ingredients

- 1 cup milk of choice
- 1 scoop (32g) vanilla or banana flavored protein powder
- 3/4 cup vanilla Greek yogurt
- 2 tablespoons **MicroDried® Banana Powder**
- 1 small frozen banana
- 1/2 teaspoon vanilla extract
- 1 cup ice
- 1/2 graham cracker sheet, crushed
- Whipped cream, for topping
- Nutmeg, for topping



### Process

1. Add ingredients from milk to ice into a high-speed blender and mix to desired consistency.
2. Pour into glass. Top with whipped cream, crushed graham crackers, and a dash of nutmeg.