

Banana Crunchos

Prep time: 10 minutes | Serving Size: ½ Banana | Number of Servings: 4



Ingredients

- 2 large, ripe bananas
- 3 whole graham crackers
- Orange juice

Directions

1. Peel the bananas and cut into chunks. Lightly drizzle orange juice over bananas.
2. Place graham crackers in plastic bag and crush. Place banana into bag, shake, and enjoy!

Kids love to cook. Invite them to help prepare food. It provides great time for parent-child bonding. Younger kids enjoy making these fruit-based snacks.

Easy tasks: Gather ingredients & equipment.
Count crackers & bananas needed.
Peel bananas.
Use table knife to cut bananas into chunks.
Place banana chunks into bag of crushed crackers.
Shake closed bag to coat banana with crumbs.

Intermediate Tasks: Drizzle orange juice over bananas.
Place crackers in plastic bag and crush into small crumbs.
Seal plastic bag before shaking to coat bananas.
Place Banana Crunchos on serving plate.

Difficult tasks: None.

Nutrition Facts (Serving size: ½ banana): **Calories** - 300; **Protein** - 4g; **Carbohydrate** - 63g; **Total Fat** - 4.5g; **Saturated Fat** - 1g; **Fiber** - 4g; **Sodium** - 200mg; **Vitamin C** - 35%; **Vitamin A** - 2%; **Iron** - 10%; **Calcium** - 2%