



Kids Go Bananas for Bananas

NUMBER 10 SALAD

- 1 handful of toasted coconut
- 2 tablespoons orange juice concentrate
- 3 orange sections
- 4 apple slices
- 5 dice-sized cubes mild cheese
- 6 banana slices
- 7 small cubes melon
- 8 seedless grapes

All cooks should wash their hands. Let the children help wash and prepare the fruit. Older children can help cut fruit, using a plastic knife and cutting board. Put each ingredient into a separate small dish or bowl. Let the children count out the salad ingredients into one large bowl. Stir 10 times and eat!

Caution: Young children can choke easily on raw fruit and vegetables. Watch young children closely when they are eating these foods.

BANANA SPLIT SALAD

(Each child can make his own salad)

- 1/2 banana per child
- Lettuce
- 2 tablespoons cottage cheese or vanilla yogurt per child
- Cinnamon
- Raisins

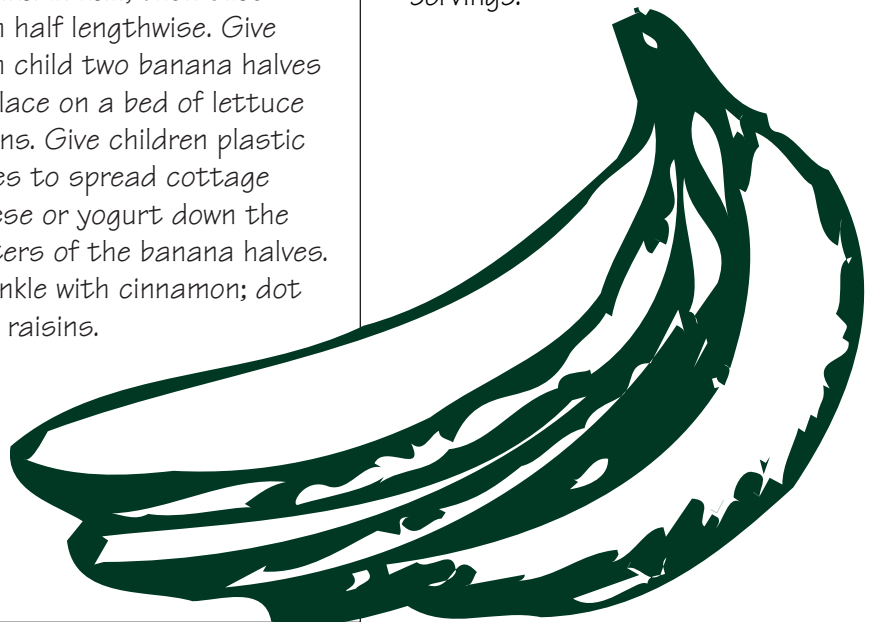
All cooks should wash hands. An adult should cut each banana in half, then slice each half lengthwise. Give each child two banana halves to place on a bed of lettuce greens. Give children plastic knives to spread cottage cheese or yogurt down the centers of the banana halves. Sprinkle with cinnamon; dot with raisins.

FROZEN FRUIT SLUSH

- 1 3/4 cups strawberries
- 1 (20 ounce) can crushed pineapple
- 5 bananas (cut in cubes)
- 1 (12 ounce can) frozen orange juice concentrate
- 1 1/2 cups water
- Small paper cups

Mix ingredients together. Place in the freezer. Serve just before it's frozen solid.

Makes about 10 (1/2 cup) servings.



BANANA WRAP

- 1 8-inch flour tortilla
- 2 tablespoons peanut butter per tortilla
- 1 tablespoon raisins
- 1 small banana, peeled

Place tortilla on a paper towel. Microwave 10 to 20 seconds on HIGH until the tortilla is soft and warm. Spread with peanut butter. Top with raisins. Place the banana near the right edge of the tortilla. Fold up the bottom fourth of the tortilla. Bring right edge over the banana and roll up. Makes 1 serving.

BANANA DIP

- 1/2 peeled banana per child
- 1 tablespoon peanut butter per child
- 2 tablespoons crunchies, such as coconut, crushed cereal, crushed graham crackers, or granola

Give each child 1/2 banana and a small plate. On the plate, place peanut butter and crunchies. Have the children dip their bananas in the peanut butter, then into the crunchies. Enjoy!

CRUNCHY BANANA POPS

- 2 bananas
- 1/2 cup orange juice
- 1/2 cup crunchy foods, such as wheat germ, coconut, crushed cereal, crushed graham crackers, or granola

Cut bananas into one-inch-thick slices. Push a plastic fork into each banana slice.

Dip banana in orange juice; then roll in one of the crunchy foods. Place on a tray lined with wax paper and freeze.

BANANA POPSICLES

- 2 large bananas, cut up
- 1/2 cup instant nonfat dry milk powder
- 1 cup plain yogurt
- 1 (6 ounce) can frozen orange juice concentrate
- 1 cup water
- 4 ounce paper cups
- Plastic spoons

Combine all ingredients in a blender and whirl until foamy. Pour into paper cups. Stand a plastic spoon in each cup. Freeze. When it's time to eat, peel the paper cup away from the popsicle. Makes about 8 (4 ounce) servings.

