

**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%

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**Food \$ense Tip**

- Put kids in charge—let them make their own snacks!!

2. Place graham crackers in plastic bag and crush. Place banana into bag, shake, and enjoy!



1. Peel bananas and cut into chunks. Lightly drizzle orange juice over bananas.

**Directions**

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 4

2 large, ripe bananas  
3 whole graham crackers  
Orange juice

**Banana Crunchos**



KID-TESTED SNACKS

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## Cook Together! Making Banana Crunchos with Kids

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

### Easy Tasks:

- Gather ingredients and equipment.
- Count crackers and bananas needed.
- Peel bananas.
- Use table knife to cut bananas into chunks.
- Place banana chunks in bag of crushed crackers.
- Shake closed bag to coat banana with crumbs.
- Drizzle orange juice over bananas.

### Intermediate Tasks:

- 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.



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