SNACK SUGGESTION

Crunchy Bananas

Ingredients

• 4 to 5 large bananas
• 1 cup low-fat vanilla yogurt
• 1 cup crushed whole-grain flaked cereal

Equipment

• Dry measuring cups
• Serving plate
• Serving knife
• Paper plates

Procedures

1. Thoroughly wash hands and all work surfaces.
2. Pour crushed cereal onto a plate.
3. Cut peeled bananas into 1-inch chunks, spread with yogurt and then roll in crushed cereal.
4. Serve on paper plates and enjoy.
5. Refrigerate leftovers immediately.

Makes 8 servings