

Banana with Stuff



TIPS:

1. This instant “right out of your hand” snack or dessert can be made any way you want with either a banana as shown here or with any other fruit like apples, pears or strawberries.
2. The optional ingredients listed below are only suggestions. You bet they work great either on their own or in combination with each other. As always, imagination is your only limit.

Prep time: 1 minute or less

Needed

Ripe Banana (or any other fruit)
Table Knife

Optional

Favorite Nut Butter
Chocolate Spread
Trail Mix
Nuts
Dried Fruit
M&M's
Favorite Jam
Favorite Yogurt
Favorite Cereal



1. Snap open a **banana** and slather on your choice or a combination of:



Nut Butter



Chocolate Spread



Nut Butter & Chocolate Spread



Nut Butter & Jam



Nut Butter & Cereal, or...



...substitute **cereal** with **trail mix**, **dried fruit**,...



...nuts or M&M's and...



...have at it - right out of your hand - like this or...



...or this.

