

# Grapes & Banana with Yogurt & Jam



**TIP:** This recipe is quick & easy, fresh, flavorful and completely kid-safe to make because the **banana** can be broken into pieces by hand with no need for any kind of knife at all.

**Preparation Time:** About 5 minutes

## Ingredients (per person)

Handful of Grapes

Ripe Banana

Favorite Yogurt

Jam



## Equipment

Colander

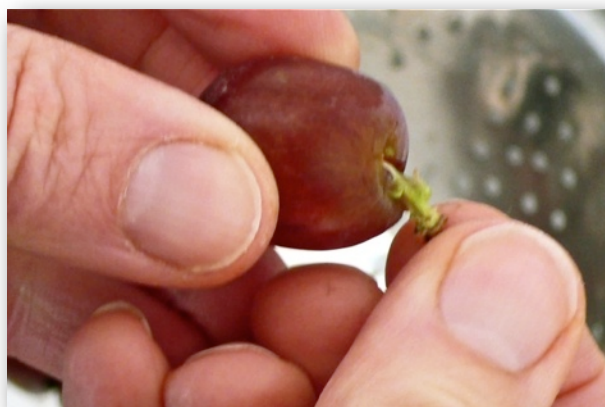
Teaspoon

Tablespoon

Bowl



1. Pluck a **handful of grapes** per person into a colander making sure to remove any **stems** from **individual grapes** as shown in the picture below on the right.





Give the **grapes** a good hand scrubbing rinse under cold running tap water, and put the **grapes** in a bowl.



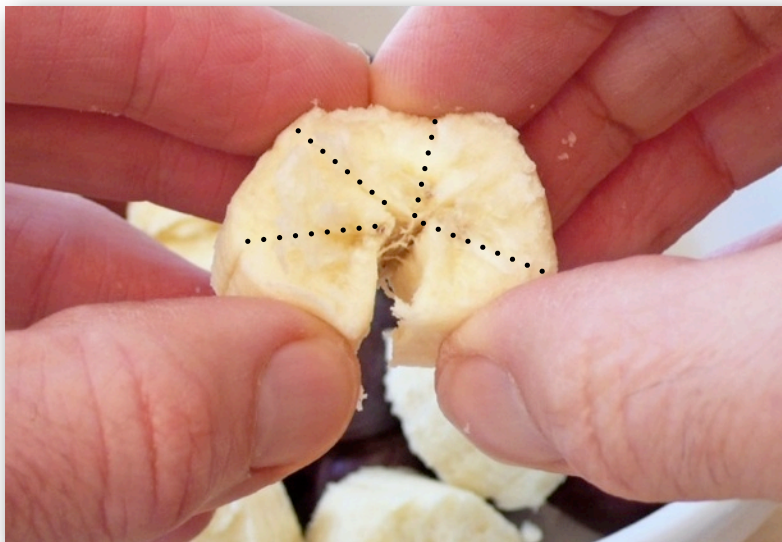
2. Snap open the **top of the banana** and peel back the **banana skin**.



Break **banana sections** off with your fingers about 1/2 inch (1.5 cm) wide.



The cross section of a **banana piece** looks like a sliced pizza or pie and will naturally break into smaller sections when the **banana piece** is squeezed gently from the side and pulled apart as shown here.



3. Top with 1-2 tablespoons of yogurt and 1-2 teaspoons of your favorite jam, and...



...serve.

