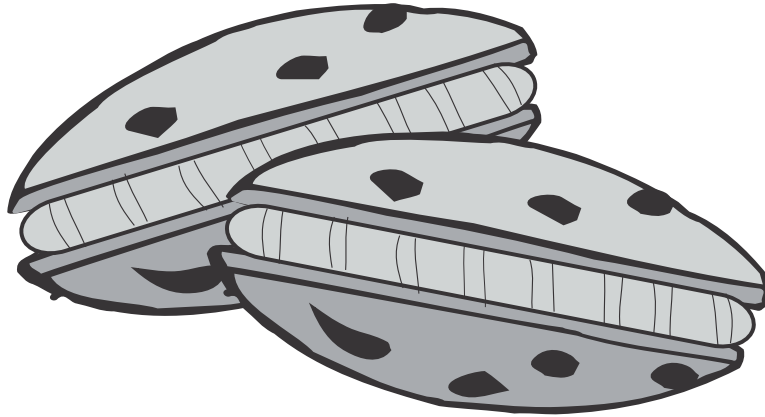


What You Will Need

Choco-Banana Yo-yos



Equipment:

plastic knives
small paper plates
napkins

Ingredients:

adjust for audience size

bananas
mini chocolate-chip cookies





Choco-Banana Yo-yo

amounts needed per child

1/2 banana, medium

8 mini chocolate-chip cookies

Peel banana half. Slice banana into 3/4-inch rounds. Sandwich the banana slices between two mini cookies. Enjoy!

Options: Other small cookies could be used, such as vanilla wafers or animal crackers. Other yummy fillings for yo-yo sandwiches could include peanut butter, fresh strawberry, kiwi or plum slices.

Nutrition Facts

Serving Size 4 Yo-yos (110g)

Servings Per Container 1

Amount Per Serving

Calories 310 **Calories from Fat** 100

% Daily Value*

Total Fat 11g 18%

Saturated Fat 3.5g 17%

Cholesterol 15mg 6%

Sodium 180mg 7%

Total Carbohydrate 49g 16%

Dietary Fiber 3g 12%

Sugars 25g

Protein 4g

Vitamin A 0% • Vitamin C 8%

Calcium 0% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.