

## Choco-Banana Yo-yo

Fun-filled cookies!

1 serving

### Ingredients:

1/2 banana, medium  
8 mini chocolate-chip cookies

### Directions:

1. Peel banana half and slice into 3/4-inch rounds.
2. Sandwich banana slices between two mini cookies. Enjoy!

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

*Nutrition Facts: One sandwich provides 140 calories, 4g total fat, 0mg cholesterol, 55mg sodium, 25g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Choco-Banana Yo-yo  
Low fat milk

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