

Choco-Banana Yo-yo

Fun-filled cookies!



Serves: 1

Kids' Tool Kit

Knife
Cutting board
Paper plate

Chef's Choice

Choco-Banana Yo-yo
Low fat milk

Ingredients:

½ banana, medium
8 mini chocolate-chip cookies



Directions:

Remember to wash your hands!



1. Peel banana half and slice into ¾-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.



Helpful Hints: Kids can slice the banana on a paper plate with a plastic knife, then use the same plate for preparation.



Safety Tips: Handwashing is the first step in any snack or meal preparation. Wash hands—front and back—between fingers and under fingernails, for at least 20 seconds in warm soapy water. Sing the Alphabet Song while you wash and then dry on disposable paper towels or a clean cloth.

Nutrition Facts

Serving Size 4 sandwiches (77g)
Servings Per Container 1

Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 2g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Doorbell Rang* by Pat Hutchins. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.