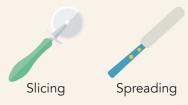


RECIPE SHEET

Culinary Skills





Frozen Crunchy Monkey

Servings: 1

Quellesse

Ingredients:

- 1 banana, rinsed
- SunButter
- Jelly
- Granola
- Sunflower seeds

Supplies:

- Cutting board
- Spreader
- Table knife
- Plastic wrap
- Pizza cutter

Directions:

Children will:

- 1. Peel banana.
- 2. Slice banana in half (crosswise and lengthwise) so one banana makes 4 pieces.
- 3. Spread SunButter on half of the banana slices.
- 4. Spread jelly on top of SunButter.
- 5. Sprinkle sunflower seeds and granola over jelly.
- 6. Top with remaining slices to make "sandwiches".
- **7.** Wrap tightly in plastic wrap and freeze for several hours.
- **8.** Remove plastic wrap and enjoy.