

Culinary Skills



Slicing



Spreading



Frozen Crunchy Monkey

Servings: 1



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.