



Picture by: Bellamy's Organic Foods

BANANA BEAR TOAST

Try this recipe as a snack or make twice the amount to have it for breakfast.

*Tip: Involve your child in preparation by having them spread the peanut butter or place the banana slices and berries.

Serves: 2

Serving size: 1 bear toast

WHAT YOU WILL NEED:

- 2 slices of whole-wheat bread
- ½ of a banana
- 6 dried berries with no added sugar
- 1 tbsp Peanut Butter (if child has peanut allergy, use SunButter)

DIRECTIONS:

1. Toast the slices of bread.
2. Meanwhile, cut the banana into slices and save any leftover for other recipes or snacks.
3. Spread 1/2 tbsp of the peanut butter on each of the slices of toast.
4. Place 1 banana slice at the middle of the toast and the other two slices on the top corners of the slices of toast.
5. Place 1 berry on top of the slice in the middle.
6. Place the other two berries between the middle banana slice and the ones in the corner to make the bear's eyes.

APPROXIMATE COST:

- Costo total:
- Costo por porción:

INFORMACIÓN NUTRICIONAL

- Calories: 59 Cal
- Carbohydrates : 9 g
- Protein: 6 g