



Banana Bites

2 large bananas (2 cups fruit)
2 cups puffed rice cereal
 $\frac{1}{4}$ cup peanut butter

Pour the cereal onto a medium size plate. Peel the bananas and remove the skins. Using a table knife spread the peanut butter over the entire surface of each banana. Roll each banana in the cereal. Cut into bite sized pieces.

Yield: 4 servings

Serving Size: Each serving provides a fruit/vegetable and meat alternate at snack for children 3-5 years.