

What You Will Need

Choco-Banana Yo-yos



Equipment:

plastic knives
small paper plates
napkins

Ingredients:

adjust for audience size

bananas
mini chocolate-chip cookies

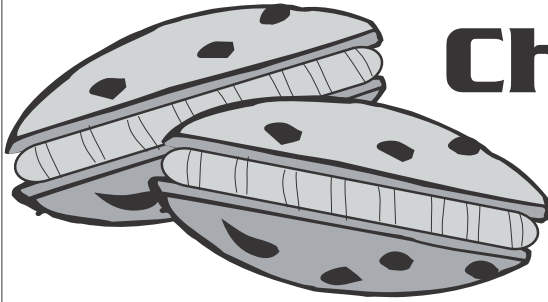


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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



The Doorbell Rang



Choco-Banana Yo-yo

amounts needed per child

1/2 banana, medium

8 mini chocolate-chip cookies

Peel banana half. Slice banana into 3/4-inch rounds. Sandwich the banana slices between two mini cookies. Enjoy!

Options: Other small cookies could be used, such as vanilla wafers or animal crackers. Other yummy fillings for yo-yo sandwiches could include peanut butter, fresh strawberry, kiwi or plum slices.

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Nutrition Facts

Serving Size 4 Yo-yos (110g)

Servings Per Container 1

Amount Per Serving

Calories 310 **Calories from Fat** 100

% Daily Value*

Total Fat 11g 18%

Saturated Fat 3.5g 17%

Cholesterol 15mg 6%

Sodium 180mg 7%

Total Carbohydrate 49g 16%

Dietary Fiber 3g 12%

Sugars 25g

Protein 4g

Vitamin A 0% Vitamin C 8%

Calcium 0% Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.