

Banana Caterpillars Recipe

What insect is the wiggliest? How about a caterpillar? Turn an ordinary banana into a cute caterpillar that the kids will eat up as an after school snack, a bedtime treat or as an accompaniment to a sandwich at lunch.

By the Editors of *Easy Home Cooking Magazine*.

Prep time: 10 minutes, 20 minutes when done with the children

Ingredients:

- 1 medium banana, peeled and cut into 3/4 inch segments
- 1/4 cup peanut butter or yogurt (check for peanut allergies)
- 1/4 cup flaked coconut
- 4 raisins
- 12 pretzel sticks (small thin kind)

1. Peel and slice each banana into 10 segments.
2. Assemble "caterpillar" by spreading segments with peanut butter or with yogurt and pressing pieces together.
3. Sprinkle half of coconut over each "caterpillar" and press lightly with fingertips to coat.
4. Use additional peanut butter to press raisins on one end to form "eyes."
5. Break pretzel sticks into small pieces for "legs" and "antenna."
6. Tip: use different colored food dye to tint the coconut for a very colorful caterpillar!
7. Set out one caterpillar per child and enjoy!

