



Playful Learning at Home Healthy Snack Recipe

Banana Orange Juice Wheels

Items you will need:

1 banana

1 plastic knife and cutting board

Small bowl of orange juice

Small bowl of shredded coconut

Cookie sheet covered with waxed paper or foil

1. Peel and cut the banana into circles on the cutting board. Use a plastic knife with a grown up helping you.
2. Dip the banana circle into the orange juice.
3. Then dip the banana circle into the shredded coconut. You can use only the orange juice if you don't like or don't have coconut.
4. Place the finished circles onto the cookie sheet covered with waxed paper or foil (whatever you have).
5. Put the cookie sheet into your freezer until the circles are frozen.
6. You can then eat them or place in a container to eat later.
7. These taste best right from the freezer!

Yum! Now you have a healthy snack to enjoy!