

Fruit Snake (Nannawaa' Sintí')



You will need:

- 2 small bananas
- 4 raisins
- Small plate
- Butter knife

Price per recipe: \$0.46

Makes two fruit snakes

Nutrition facts per serving:

90 calories, 0 g fat, 0 mg cholesterol,
0 mg sodium, 24 g carbohydrates,
3 g fiber, 1 g protein

What to do:

1. Wash hands; get out ingredients and utensils.
2. Peel banana and use butter knife to cut banana in half lengthwise.
3. Place two banana halves on small plate end to end, in an "s" shape.
4. Add raisins to the top of banana as eyes.
5. Enjoy your fruit snake.

Options:

Be creative! Try to make the snake using other fruits or vegetables.

Instead of the banana, try slices of kiwifruit, grapes, sliced bananas or berries. Yogurt or peanut butter could be added to the top for more flavor. Add a sliver of apple or other fruit to the end of the snake for a tongue.



Material funded by USDA SNAP. This institution is an equal opportunity provider and employer. For more information on SNAP or FDP, visit GetFreshCooking.com.

