

BANANA SUSHI ROLLS

INGREDIENTS

- 1 Banana
- 1 Flour Tortilla
- Peanut Butter

INSTRUCTIONS

1. Lay the tortilla on a flat surface and spread peanut butter in a thin layer across its surface.
2. Peel the banana and roll it up tightly in the tortilla.
3. Spread a small amount of peanut butter along the inside edge of the tortilla to seal it closed.
4. Have a parent help you slice the tortilla roll into 1" sections.

For a deluxe roll, spread peanut butter on the outside of the tortilla roll before you cut it, and roll it in coconut shavings, crushed peanuts or sprinkles!



FRUITY PB&J SKEWERS

INGREDIENTS

- Peanut Butter
- Jelly
- 2 slices Sandwich Bread
- 6 Grapes
- 1/2 Banana
- 1 Wooden Skewer

INSTRUCTIONS

1. Spread peanut butter on one piece of bread, and jelly on the other piece of bread.
2. Put the two pieces together.
3. Have a parent slice the crust off the sandwich and quarter it.
4. Have a parent help you slice the banana half into four pieces.
5. Press one grape onto the skewer crosswise, and push it all the way to one end.
6. Now add a sandwich piece to the skewer, then banana, then grape, until all pieces are on the skewer.



RAINBOW CUPCAKES

INGREDIENTS

- 2 cups Flour
- 1/2 tsp Salt
- 2 tsp Baking Powder
- 1/2 cup Soft Butter
- 3/4 cup Sugar
- 2 Eggs
- 1 cup Milk
- 1 tsp Vanilla
- White Icing
- Red, Yellow and Blue Food Coloring

INSTRUCTIONS

1. Preheat your oven to 375.
2. Mix butter, eggs and sugar in a bowl until it is fluffy.
3. Mix in half the flour, baking powder, and salt.
4. Stir in the rest of the flour, the milk and vanilla. Mix well.
5. Place cupcake holders in a cupcake pan.
6. Divide the batter between the cupcake holders.
7. Bake for 18 minutes. Let cool before icing.
8. While the cupcakes are in the oven, separate the icing into three cups. Drip 4 drops of yellow food coloring into one cup, 4 drops of blue in the second, 4 drops of red in the third.
9. When the cupcakes have cooled, spread bands of pink, yellow and blue icing across each cupcake.

