

## February 2008

### Snacking with Kids

Small children learn healthy eating habits by watching how their parents and others eat. Set a good example. You can't expect your child to eat fruit if you are eating cookies! Winter may not offer the variety of fruits that spring and summer do, but we can usually depend on bananas. Here are a few ideas for healthy snacks using bananas:

Stir banana slices into pudding cups and top with reduced-fat whipped topping.

Layer reduced-fat flavored yogurt, banana slices and granola or other dry cereals in a clear glass for a banana parfait.

Try banana slush. Blend together bananas, orange juice, and reduced-fat vanilla yogurt. Freeze and eat.

Snack on frozen banana pops. Peel bananas, cut in half, roll in reduced-fat yogurt, then in crushed cereal. Wrap in plastic wrap and freeze.

Blend together 1 sliced banana, 1 cup strawberry milk, and ice for a banana split smoothie.

Make the recipe below and have it available for snacks or dessert in lunch boxes.

### Carrot-Banana Bread

One-half cup margarine

1 cup packed brown sugar

2 eggs

2 cups flour

1 teaspoon baking soda

One-half teaspoon baking powder

One-half teaspoon cinnamon

1 cup mashed banana

1 cup shredded carrots

Beat together margarine and brown sugar until fluffy. Beat in eggs. Add mashed banana and mix well. Add flour, soda, powder, cinnamon and carrots to margarine mixture. Stir together until well blended. Pour into 2 greased loaf pans.

Bake at 350 for 40 to 50 minutes. Each loaf makes 10 servings.

Nutrition Information: 146 calories, 5 grams fat, 1 gram saturated fat, 1 gram fiber, 39% Daily Value Vitamin A

Recipe Source: © Nutrition Matters

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