

A Bunch of Bananas Kid-Friendly Cooking Demo

Three Ingredient Banana Pancakes

Ingredients:

2 bananas

3 large eggs

½ cup oats

Instructions:

1. Blend all ingredients in a blender until well-blended.
2. Preheat a griddle or pan and grease with cooking spray or butter.
3. Pour desired amount of batter and cook on both side for a few minutes until browned.
4. Enjoy!

Recipe from <https://www.feedinglittles.com/blog/easy-banana-egg-oat-pancakes>.

Yogurt-Dipped Bananas

Ingredients/Supplies:

4 ripe bananas

Yogurt (flavor of choice)

Toppings (crushed oreos, granola, chocolate chips, freeze-dried fruit, nuts, etc.)

Popsicle sticks

Parchment paper

Instructions:

1. Either cut bananas in half or leave whole and stick popsicle stick in the end. Freeze on parchment paper for at least 20 minutes.
2. Dip banana in yogurt, top with toppings and freeze again until solid (~1 hour).

Recipe adapted from <https://talesofarantingginger.com/2017/06/yummy-yogurt-covered-banana-snacks.html>.