

banana split muffins

pour+stir

Grown-ups: Pre-heat oven to 375 degrees. Have kids line your muffin pan with paper liners. In a large bowl (the dry bowl), have kids pour in **1-½ C whole wheat flour**, **1 C sugar**, **½ C semi sweet dark chocolate chips**, **1 teaspoon baking soda** and **1 teaspoon of salt**. Stir to combine well.

mash+chop

In another bowl (the wet bowl), have kids combine **3 very ripe bananas** with **½ C of mayonnaise**. Mash the bananas and the mayonnaise together. Chop up **18 cherries** (either fresh or frozen and thawed) into little bits. Add the cherries and their juice to the banana mixture. Stir the dry bowl ingredients into the wet bowl ingredients and mix together until just until moistened. Don't over mix!

bake

Pour the batter into the paper liners about ¾ full and bake for 20 to 25 minutes or until golden brown and cooked through. Cool for at least 10 minutes. **Then dig in! YUMMY!**

chocolate chip monkey milkshakes

measure+blend

Have kids measure out into your blender **1 cup Plain Yogurt**, **3 cups Vanilla ice cream**, **½ cups Chocolate chips** and **2 ripe Bananas**. Add the lid to the blender and blend until thick, creamy and smooth. Pour into pretty glasses and serve with straws and spoons. **A milkshake fit for the finest monkey! "Oooh oh ah ah!"**

fun food facts:

- ★ **Cherries are a good source of fiber.** They are also fat free, saturated fat free, sodium-free and cholesterol-free.
- ★ **It used to be against the law** in Kansas to serve cherry pie with ice cream on it.
- ★ **The same chemicals** that give tart cherries their color may relieve pain better than aspirin and ibuprofen in people. Eat 20 tart cherries a day!
- ★ **Eating about 20 cherries** may reduce inflammatory pain and headache pain
- ★ **Bananas** don't grow on trees. They're actually a giant herb in the same family as lilies, orchids and palms.
- ★ **Some horticulturists** suspect that the banana was the earth's first fruit.
- ★ **Bananas are** one of the few foods to contain the 6 major vitamin groups, and are a very rich source of vitamin B6, which your brain needs to function properly and make you wise.
- ★ **The phrase going bananas** was first recorded in the Oxford English Dictionary because of the banana's connection with monkeys.

Knock Knock! Who's there? **Banana!** Banana who? **Banana split so ice creamed!**

What do you call a monkey with a banana in each ear? Anything you want. She can't hear you!

What would you call two banana skins? A pair of slippers.

