

Banana Dog in a Bun (Serves 1)

by Stella Zedman



This is the coolest lunch ever, not to mention the easiest, and will be the envy of your kids' classmates. If peanut butter is off limits at your child's school, use cream cheese instead.

Ingredients

- 1 hot dog bun (whole wheat, if possible)
- 1 tbsp. (15 mL) peanut butter (or cream cheese)
- 1 tbsp. (15 mL) strawberry or other jam (or honey, if preferred)
- 1 whole banana
- raisins, shredded coconut or chopped peanuts

Cooking Instructions

1. Spread one inner surface of a split hot dog bun with peanut butter or cream cheese. Spread the other side with jam or honey. Wrap in plastic wrap and place in your child's lunch bag. Also, pack a whole banana (in the peel) and a small container of toppings, such as raisins, coconut, peanuts or whatever else you can think of.
2. At lunchtime, your child can peel the banana and place it in the bun, sprinkle on the toppings and eat.
3. Let the other kids drool. It's your lunch, kiddo, and you're the boss of it.

Easy Ideas to add to Lunches

1. Fruits - cut up like apples, pears, pineapple etc. or whole like bananas, berries etc.
2. Cheese sticks or 'shapes' or slices
3. Cereal snack mix or Popcorn
4. Veggie sticks - carrot, celery, peppers. Try low fat dips.
5. Shredded salads
6. Wheat crackers
7. Raisin bars or homemade cookies



8. Yogurt covered raisins
9. Craisins (dried cranberries)
10. Frozen juice boxes or frozen applesauce cups
11. Tortilla chips with salsa/guacamole
12. Homemade pudding or Smoothies
13. Pretzels or Crackers
14. Homemade granola or Breakfast bars
15. Nuts for older kids
16. Fig bars or Rice Cakes



