**Monkey Fruit***

*Serves 4*

- 4 each Bananas*, peeled and sliced into 2-inch rounds
- ½ cup Fat-free vanilla yogurt
  *(Can also use the “Ginger, mint yogurt sauce”)*
- 2 Tbsp. Shredded coconut, or crushed cereal (granola, grape nuts, whole grain puffs etc.)

1. Slice bananas
2. Roll slices of bananas one by one in yogurt
3. Roll yogurt covered slices with a spoon in your choice of coconut or crushed cereal
4. Serve on tooth picks and enjoy

*Instead of banana chunks, try pineapple chunks instead. Monkeys love them too!*

**Talking points**

- Identify each fruit, color. Count how many fruits they are tasting.
- What can you taste when you eat the fruits? (Sweetness, tanginess/sour)
- Why are fruits sweet? (Because they contain natural sugar, and sugar gives you energy.)
- What makes the fruit taste tangy? (Citric acids, which contains vitamin C)
- The tanginess or sour sensation “wakes up” your taste buds and makes the food tasty.
- Fat free or low fat yogurt – protein
- Crushed cereal – fiber, vitamins
- Monkey fruits are best for snacks and dessert (make them for your parents)