

Let's cook! Station Set-Up and Recipe Script

Station Set-Up: Banana Swirl

Station #1		
Equipment	Ingredients	Provide during Let's cook!
blender	2 frozen bananas	milk
1 set of measuring spoons		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 dinner spoon	none	none

Station #3		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	3 ounce cups
1 serving tray		plastic spoons
		napkins

Recipe Script for Preparing: Banana Swirl Lesson: *Make a Change*

Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.

For today's recipe, we will be using 2 bananas that I already peeled, chopped, and froze overnight. All we need to do to prepare for the recipe is measure the milk, which I have kept cold in my cooler with reusable freeze packs to transport and store it.

Ask for volunteers to help with the preparation of the recipe.

I need 3 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 3 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.

Station #1:

- **Equipment:** blender, 1 set of measuring spoons, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 2 frozen bananas
- **Provide during *Let's Cook!*:** milk

I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.

At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.

_____ please place the frozen banana chunks in the blender. Then, measure 2 tablespoons of milk and add it to the blender with the bananas.

When you are making this at home, peel and chop the bananas before you freeze them. It is much easier this way! Next, spread the pieces of banana in a single layer on a baking sheet, and place the baking sheet in the freezer for at least 2 hours.

Station #2:

- **Equipment:** 1 dinner spoon

_____ Name of Volunteer #2, turn on the blender and alternate between blending and pulsing. Stir the contents of the blender every few seconds to move the larger chunks of banana down to the bottom of the blender. Pulsing versus blending and stirring the contents frequently will ensure the mixture does not get too watery or thin at the bottom.

Share the *Be Creative!* tip with the participants.

When you make this at home, you can add 2 teaspoons of unsweetened cocoa powder to make a chocolate banana swirl. You can also top the banana swirl with nuts, chocolate chips, or sliced fruit.

Station #3:

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic spoons, napkins

*Now, we are ready to taste the **Banana Swirl!** _____ Name of Volunteer #3, using the serving tray and tasting supplies, please serve everyone a taste of the recipe.*

Ask the participants about the recipe while they are eating.

What do you think of this recipe? Do you think your family would like this dish?

*Serving fruit for dessert instead of baked goods or frozen treats that are high in sugar and fat is a great way to add vitamins, minerals and fiber to your family's meals. This **Banana Swirl** does contain natural sugars, but is a healthier and less expensive option than sorbets, frozen yogurts and ice creams found in your grocery store.*

*When you make this at home, be sure to freeze any leftovers in a freezer-safe container. The **Banana Swirl** will lose flavor and quality if kept in the freezer for a long time. For best quality, eat within 3 months. Frozen leftovers may need to thaw for a few minutes before eating.*