Banana Snowmen for kids

Snacks · ages 5 to 9 (grades K–3rd) · about 10 minutes · serves 2

Let's build snowmen you can eat, and they won't melt! Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 1 banana
- 1 tablespoon mini chocolate chips
- 1 carrot
- 4 pretzel sticks (or gluten-free pretzel sticks) (optional)

Tools

A cutting board, A sharp knife (grown-up), A butter knife, A plate.

Steps

1. Wash your hands with soap for twenty seconds, then let's make Snowmen That Never Melt!
2. Peel 1 banana and slice it into thick coins with a butter knife.
3. Grown-up step: A grown-up cuts a tiny pointed sliver of 1 carrot for each nose.
4. Lay three coins in a line on your plate: big at the bottom, small on top.
5. Press on 1 tablespoon of mini chocolate chips: two eyes on the top coin and buttons down the middle.
6. Add the carrot nose to the top coin.
7. Poke 4 pretzel sticks in at the sides for arms.
8. Give your snowman a name, then eat it before it melts. Just kidding: it never melts!

Safety notes

- Sharp! A grown-up does this part.
- Contains milk, wheat, soy. Swap an ingredient for an allergy where the recipe lists a swap.
- Raw carrot is hard and round-ish for little ones under 4: grate it or cook it soft.
- Read the label on packets for allergies.

Kitchen science

A banana is a tube, so every slice across it is a circle. Three circles, biggest at the bottom, stack into a snowman.

Make it your own

- Make a whole snow family, big and small.
- Use a strawberry slice for a hat on top.
- Line the snowmen up on a long plate for a snowman parade.

Questions about banana snowmen

Is this safe for toddlers? Raw carrot and chocolate chips are choking risks for little ones. Leave the nose off, or use a soft piece of strawberry, and press the chips in so they don't come loose.

Can I make them ahead? Not for long: cut banana goes brown in the air. Build them just before eating.

Can we skip the pretzels? Yes. The arms are optional, and the snowman is still a snowman without them. Gluten-free pretzel sticks work the same way.

Free at peabody.kids/kitchen/banana-snowmen