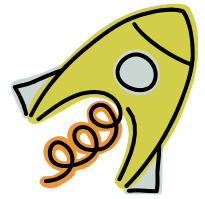


Breakfast Rockets

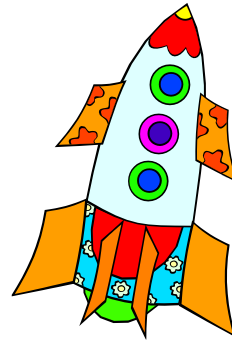


TIME SAVER TIP: Make the night before and store in freezer or refrigerator.
Now you have a breakfast for your "kid on the go!"



Ingredients:

- 1/2 cup vanilla or plain lowfat yogurt
- 1 TBSP of peanut butter
- 2 tsp. of sugar
- 2 cups of oat or wheat flaked cereal, crushed to 1 cup
- OR 1 cup of lowfat granola
- 4 small bananas
- Plastic wrap
- 4 popsicle sticks



Directions:

- 1) Measure yogurt and place in small bowl.
- 2) Measure peanut butter and add to bowl.
- 3) Measure sugar and place in bowl. Mix all ingredients together.
- 4) Cut four large squares of plastic wrap.
- 5) Over another bowl; crush flake cereal with hands.
- 6) Put 1/4 cup of crushed cereal or granola on each plastic wrap square.
- 7) Peel bananas. Insert popsicle stick in one end of each banana.
- 8) Spread each banana with yogurt mixture and lay on cereal.
- 9) Turn each banana once to evenly coat with crushed cereal.
- 10) Wrap each banana in the plastic wrap square. Twist ends to hold. Freeze or refrigerate until ready to eat.

