Banana dolphins

This fun banana dolphin recipe is a playful, nourishing snack that makes healthy eating enjoyable.

Makes: 10 portions

Ingredients

- 10 medium bananas
- 250g grapes or selection of blueberries or small fruit

Optional:

- Cream cheese (swap for yoghurt or a plant-based alternative)

Equipment

- Sharp knife
- Chopping board
- Small bowl
- Black felt pen
- 10 small bowls or beakers

Top tip

- The leftover banana halves can be eaten or peeled and cut into chunks for the freezer to use in smoothies, cakes or ice cream.

Method

1. Use a sharp knife and cut the banana stem horizontally all the way to the start of the banana flesh and a little past to make a smile, and to be able to open the stalk to put a grape into the opening (mouth).
2. Take the knife and cut the bottom half of the banana off a little past the middle.
3. Stand the half banana dolphin into a small bowl; you can stick the banana in some cream cheese to keep it standing.
4. Put a grape into the mouth opening and the remaining grapes and blueberries around the dolphin.
5. The last thing is to add the eyes using a black felt pen.

