

Peanut Butter Logs

Courtesy of Carole's Creations

Prep Time: 10 minutes with most of the prep being done the night before.

Cooking Time: none

Serves: 1

CChints: Inspire your children at breakfast with this healthy and fun start to their day. Also gives you an opportunity to put a positive spin to the start of the day by letting them know what went into this meal that is good for them.



1/4 – 1/2 cup fresh fruit, except bananas, pears or apples that could brown overnight. Quantity depends on the size and age of the child. If you have time in the morning, cut the fruit any fruit you like at that time because it won't have time to turn brown.

1 piece of whole wheat sandwich bread

2 tablespoon reduced fat creamy or crunch peanut butter

2 toothpicks

2 tablespoon reduced sugar maple syrup

Paper plate and wet paper towel

Time permitting: Cut up the fruit the night before. Save yourself time and cut up enough for more than one morning. Store in an airtight container in the refrigerator until needed.

The night before you can, spread peanut butter on a piece of bread and roll it up into a log. Secure with 2 toothpicks. Put it in a plastic bag and leave out on the counter to be used in the morning.

In the morning, get the paper plate and take your peanut butter log out of the bag. Cut the log in half the secure each with a toothpick. Spoon fruit onto the plate and pour syrup over the logs. Wet the paper towel and roll it up beside the plate to wash sticky fingers.

When you are ready call the children to breakfast and watch their smiles as they see what they get for breakfast. As they are about to eat let them know why this breakfast is a good start to their day.

Wheat Bread is good for their tummy and gives them energy.

Fruit provides vitamins and energy to last them to lunch.

Peanut Butter will give them energy and fuel their brain.

Syrup on top is your love as you send them on their way. Then kiss the top of their head. I know it sounds sappy, but they will remember these moments.

When they are done, they can throw away their paper plates and wipe a sticky face and hands with the wet paper towel. Easy clean up.

Note: You can make extra logs for them to have as an after school snack.