



Healthy Dad Recipes

BANANA PEAR CATERPILLAR

Yield: 1 serving

Ingredients:

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| 1 | lettuce leaf |
| 1 | banana peeled |
| ½ | red pear cut into ¼" slices |
| 2 | raisins for eyes |



Instructions:

- Place lettuce on a salad plate and top with the banana.
- Cut ¼" V-shaped slices halfway through the banana, spacing cuts 1" apart.
- Place a pear slice peel side up in each cut. For eyes, gently press raisins into one end of banana.
- Serve immediately.

Nutritional Facts:

1 serving: 160 calories, 1 g fat (trace saturated fat), 0 cholesterol, 2 mg sodium, 41 g carbohydrate, 5 g fiber, 2 g protein.

Recipe courtesy of tasteofhome.com