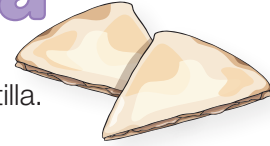




PBB Quesadilla

Enjoy a quesadilla without cheese!

1. Spread peanut butter lightly on a whole wheat tortilla.
2. Peel a banana and cut it into ¼ inch slices.
Place the banana slices on the peanut butter.
3. Top with another tortilla. Heat in a skillet on both sides.
4. Cut into triangles and eat.



Prepare small servings of food for your child:

- Mini muffins
- Small tortillas or quesadillas
- Sandwiches cut into 4 pieces
- Small meatballs, small chicken leg
- Baby carrots, small pieces of broccoli
- Clementine orange

Kid sized food is fun to eat! A mini muffin, small pieces of broccoli or a small orange are **cute and easy** for your child to pick up with his little hands.

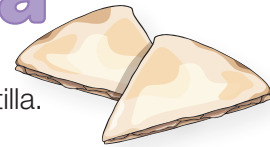
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