PEANUT BUTTER BANANA & CRACKER FUN



A Quick, Simple Lunch for Little Hands

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This easy combination brings together creamy peanut butter, naturally sweet banana, and toddler-appropriate crackers. It takes just a few minutes to prepare and can work as a quick lunch or snack.
The most important part is choosing suitable crackers and preparing the peanut butter in a thin, easy-to-manage layer.
Prep Time: 5 minutes
Cook Time: None
Total Time: 5 minutes
Yield: 1 toddler portion

YOU'LL NEED

- **1 small ripe banana**
- **1-2 tablespoons smooth peanut butter**
- **3-4 soft, toddler-appropriate crackers without whole nuts, seeds, or hard pieces**

ALL YOU HAVE TO DO

1. Prepare the banana: Peel the banana and check that it is ripe and soft.
2. Cut or mash: Slice it into thin, soft pieces or mash lightly with a fork.
3. Choose the crackers: Select crackers with a texture your toddler can manage comfortably. Avoid hard, brittle crackers and varieties containing whole nuts, seeds, or tough pieces.
4. Prepare the peanut butter: Spread a very thin layer of smooth peanut butter over each cracker. Never serve a thick spoonful or a large sticky lump of peanut butter.
5. Add the banana: Place a small amount of mashed or thinly sliced banana on top.
6. Serve immediately: Offer the prepared pieces while fresh, with your toddler seated upright and closely supervised.

Important Peanut Butter Safety

Never give your toddler a thick spoonful of peanut butter.
Thick, sticky nut butter can be difficult to swallow and may create a choking risk.
For safer preparation:
Use smooth peanut butter.
Spread it in a very thin layer over a suitable food.
Alternatively, thin a small amount with water or another soft food until it has a smooth, easy-to-manage consistency.
Avoid offering peanut butter directly from a spoon in a thick, sticky portion.

Allergy Note for Parents

Peanut is a common food allergen. If peanut is new to your child, introduce it in an age-appropriate form and follow your established allergen-introduction guidance.
If your child has severe eczema, an existing food allergy, or other allergy concerns, speak with your pediatrician about the appropriate introduction plan.

Toddler-Friendly Serving Tips

- Choose a ripe banana that mashes easily.
- Make sure the cracker is not too hard, dry, or difficult to chew.
- If crackers are unsuitable for your child's eating ability, serve the banana with a thin layer of peanut butter mixed into yogurt or another familiar soft food.
- Avoid large, dry, or sticky mouthfuls.
- Always supervise your toddler while eating.
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Easy Variations

- Creamy Banana Bowl: Mash banana with a little peanut butter thinned with water and serve in a small bowl.
- Yogurt Addition: Stir a small amount of thinned peanut butter into plain yogurt and serve with soft banana.
- Toast Alternative: Use a small piece of soft whole-wheat toast with a very thin peanut butter spread, prepared according to your toddler's eating abilities.

How to Build a Balanced Toddler Lunch

You don't need every lunch to contain a huge number of ingredients. A simple combination of familiar foods can provide variety without making mealtime complicated.
A useful meal-building idea is:
Protein + grain or starch + fruit or vegetable + healthy fat

Simple Lunch Combinations

- Turkey Meatballs: Turkey meatballs + quinoa + soft zucchini.
- Mini Quesadilla: Cheese and black bean quesadilla + mango.
- Egg Muffins: Egg muffin + suitable whole-grain food + prepared berries.
- Salmon Plate: Flaked salmon + brown rice + mashed edamame.
- Lentil Soup: Lentil soup + soft whole-wheat bread.

Offer different foods across the week rather than trying to include everything in one meal.

Toddler Portion Sizes: Start Small

Toddlers have small stomachs, and their appetite can change from one meal to another. You don't need to fill the plate or expect your child to finish everything. Start with a small serving and offer more if your toddler is still hungry.
An Example of a Small Lunch Plate

- A few small pieces of turkey meatball
- 1–2 spoonfuls of quinoa
- A few pieces of soft vegetables
- A small portion of appropriately prepared fruit

These are serving examples, not required amounts. Your child's appetite, age, and eating abilities will influence how much they need.
Pay attention to hunger and fullness cues, and avoid pressuring your child to finish the plate.

A Little Mealtime Reminder

Simple lunches can still be enjoyable and varied. Keep portions manageable, offer familiar foods alongside new flavors, and allow your toddler to explore at their own pace.

A little banana sweetness, a creamy peanut butter spread, and a fun lunch made in minutes.