

CAMPFIRE BANANA BOATS

BUILDING HEALTHY COMMUNITIES



Like a cross between a s'more and a banana split, a banana boat is a quick and easy dessert to make while camping!

BUILD:

Take a banana with its peel on and cut it down the middle, until the tip of your knife just grazes the peel on the other side. Fill in the banana with ingredients: **Something Melty + Something Sweet + Something Crunchy**. Feel free to mash your banana to either side to make extra room. Wrap the banana in parchment paper and aluminum foil.

COOK:

A controlled, even heat is ideal. If your campfire is hot and there are a lot of flames, you might want to cook your banana boats on top of a grill grate. Raise your grate so it's up and out of the flames, place your wrapped banana boats topping side up.

If your campfire is low and starting to die down, then you might want to cook your banana boat in the embers. With a stick, spread out the embers a little bit and then nestle your banana boat - topping side up - amongst the coals for a few minutes. When your banana is done, remove it with a pair of tongs.

A good way to check it to give it a light squeeze with your tongs. If it's still really firm, it's probably not done yet. If it's a little squishy, then it's ready to eat. Be careful about releasing trapped steam when unwrapping. The end result should be a warmed banana filled with melty, delicious toppings. Grab a spoon and dig in!



YUMMY COMBOS:

- Chocolate + Mini Marshmallows + Crumbled Graham Crackers
- Strawberries + Nutella + Chopped Hazelnuts
- Chocolate Chips + Caramel Sauce + Toasted Coconut
- Chocolate + Dulce de Leche sauce + Coconut shreds
- Peanut Butter + Chocolate Chips
- Honey + Candied Ginger + White or Dark Chocolate
- Chocolate + Marshmallows + Cherries
- Pecan Pralines + Dark Chocolate