

Banana Boats

If your kids love s'mores, this is a fun play on the classic campfire treat but with some fruit for added nutrition. Banana Boats are easy enough for a preschooler to assemble, and they heat quickly enough for even the most impatient camper. Well, there's always one who wanted it an hour ago, but this is one of the fastest foil treats you can make—ready in minutes.

Bite-size candies such as miniature peanut butter cups also work. With a little finesse, creamy full-size soft candies (such as Reese's Peanut Butter Cups) can be cut apart and used in this recipe.

MAKES: 1 serving (repeat for each camper) | **PREP TIME:** 5 minutes | **GRILL TIME:** 6 to 8 minutes | **REST TIME:** 5 minutes

Foil needed: 1 piece, 4 inches longer than the banana

1 banana (barely ripe)

6 miniature marshmallows

6 chocolate chips and 6 peanut butter chips,
or 1 chocolate peanut butter cup cut into 4
pieces

1. Holding the banana firmly, cut from end to end without slicing through the bottom of the peel.
2. Use the knife or your fingers to gently wedge the slit open wider. Then use a finger to push the marshmallows, chocolate chips, and peanut butter chips into the slit (don't force it), distributing them evenly along the length of the banana.
3. Push the banana gently back into shape, or as close as you can without pushing the filling out.
4. With the cut side facing up, hold the banana steady (or have someone else hold it) and crunch-wrap the foil around it.
5. Set the foil-wrapped banana on the low-heat side of a gas grill, over dying charcoal grill coals, or to the side of campfire embers. You don't want the banana peel to get too black, which some kids find gross. You'll still get some black coloration, but not as much if you use gentle heat.
6. Let the banana boat heat for 3 to 4 minutes, then turn 180 degrees and heat for another 3 to 4 minutes.
7. Carefully remove from the heat and let rest for 5 minutes. Have spoons ready, because warm banana boats are a bit messy!