

Banana Dog

You won't find this fruity impostor at a ball game or backyard barbecue, but it sure makes a doggone wholesome "fast food" breakfast.



- Whole-grain hot dog bun
- Peanut butter
- Wheat germ or sunflower seeds
- Banana
- Jam

Step 1

Simply spread a whole-grain hot dog bun with peanut butter, sprinkle with wheat germ or sunflower seeds, and top with a whole, peeled banana and a squiggle of jam. Add a side of milk to round out the meal.

Variation: For a Banana Burrito, substitute a tortilla for the bun.