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banana-rama

Filed Under [Stuff](#) | March 1, 2011



Bananas are the ultimate kid-friendly food. They're portable, they come with their very own eco-friendly, biodegradable packaging and they appeal to almost every tot, even the picky ones. And when they're past their prime you can turn them into banana bread. But Vancouver's Trump Foods has taken bananas and banana bread one step farther and created **Banana Slims** which they call dessert crackers and we call a super-handy mum and kid-friendly snack.

Reminiscent of skinny biscotti in texture and shape, Banana Slims are dairy, trans fat and MSG-free crackers with bananas as their first ingredient. While Trump recommends serving them over ice cream, yogurt or breakfast cereal we preferred to eat them straight.

Ironically the whole 100 calories per package is the least appealing of the selling features for us as we don't fret too much about our tots' caloric intake, especially when it comes from a product that contains 30% bananas. What does appeal is the yummy crunchiness of these crackers and the fact they're super easy to grab on the run, pop into a packed lunch or throw into your diaper bag as you're running out the door.

Trump Foods also makes high fibre Omega Slims, packed full of healthy seeds and cranberries, and vegan Cocoa Slims, but the Banana Slims were definitely the favourite of all who tried them, big and small. Because each package is individually wrapped we do despair of the waste factor and they do ruin our litterless lunch track record, however but we suspect they wouldn't stay crunchy and fresh any other way.

There's no "where to buy list" on the Trump site so we've done a little research and you can find Slims at retailers such as Famous Foods, Whole Foods, Nesters, Meinhardt, Planet Organic and Urban Fare. And they cost about \$1.25 a package, but you can save by buying them by the box. And that's the real skinny.

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