



# Berry Good Banana Split with Yogurt

## Ingredients:

- 1 small banana, peeled
- 1 cup fat free plain yogurt
- 1/4 cup crushed whole grain dry cereal or low-fat granola
- 1/2 cup strawberries cut in halves

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## Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Cut the banana in half lengthwise (from tip to tip) or for small kids cut into thin slices.
3. Spoon yogurt into a two small cereal bowls.
4. Place the banana halves on the sides of the yogurt or arrange the slices around it.
5. Top the yogurt with half of whole grain cereal or low-fat granola.
6. Add strawberries or other fruits.
7. Serve immediately.

## Nutrition Facts (Per Serving)

Calories 130; Carbohydrate 27 g; Protein 7 g; Total Fat 1.5 g; Saturated Fat 0 g; Trans Fat 0 g; Cholesterol 5 mg; Fiber 3 g; Total Sugars 15 g; Sodium 75 mg; Calcium 161 mg; Folate 17 mcg; Iron 0.50 mg; Percent Calories from Fat 10%.

Makes 2 servings. Recipe provided by Nutrition.gov

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by

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