

Berry Banana Split

Makes 1 serving.

Prep time: 5 minutes

Ingredients:

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup sliced strawberries (fresh or frozen)

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving:

Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g,
Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: Kids...Get Cookin'!, *Network for a Healthy California*, 2009.

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Tulare County Office of Education

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