

Lickity Split Banana Split

1 serving

Dairy foods like milk, cheese, and yogurt are rich in calcium, protein and vitamins to help build strong bones and teeth. Calcium keeps your nerves, heart and muscles healthy and may help regulate blood pressure.



- 1 small banana, gently rubbed under cold running water
- ½ cup non-fat strawberry yogurt
- ½ cup whole-grain cereal
- ¼ cup grapes, gently rubbed under cold running water, halved
- ¼ cup strawberries, gently rubbed under cold running water, sliced

1. Wash hands with soap and water.
2. Peel and cut banana in half lengthwise.
3. Place banana in a cereal bowl.
4. Top banana with yogurt and sprinkle with cereal and fruit.

Nutrition Information per Serving: (1 recipe) Calories 290, Total Fat 1g, Saturated Fat 0g, Cholesterol 5mg, Sodium 135mg, Total Carbohydrate 69g, Dietary Fiber 4g, Sugars 35g, Added Sugars 9g, Protein 9g, Vitamin D 6%, Calcium 10%, Iron 6%, Potassium 15%.