



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

- 1/2 cup non-fat strawberry yogurt
- 1/2 cup whole-grain cereal
- 1/4 cup grapes, gently rubbed under cold running water, halved
- 1/4 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%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.