

# Lickity-Split Banana Split

Nebraska Seasonal Produce Guide

1 Serving



EXTENSION

Health & Wellbeing



## Ingredients

- 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

## Instructions

1. Wash hands with soap and water.
2. Peel and cut a banana in half lengthwise.
3. Place a 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 Carbohydrates 69g, Fiber 4g, Total Sugars 35g, includes 9g Added Sugars, Protein 9g, Vitamin D 6%, Calcium 10%, Iron 6%, Potassium 15%



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