

# BANANA SPLIT WITH YOGURT

## INGREDIENTS

- ½ pound **fresh strawberries**
- 4 **apple bananas**
- 2 (5.3 ounce) container **nonfat plain Greek yogurt**
- 1 cup **low-fat granola**
- Optional: **honey** to taste (see Notes)

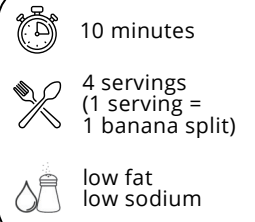
## DIRECTIONS

Always practice food safety when cooking.

- 1) Cut strawberries in ¼ inch slices. Set aside
- 2) Slice bananas in half lengthwise.
- 3) Place two halves of each banana in serving bowls, leaving space in between.
- 4) Scoop half of the yogurt (about ½ cup) from each container and place between 2 banana halves.
- 5) Top each banana split with even portions of strawberry slices and granola.
- 6) Optional: Lightly drizzle honey before serving.

## NOTES

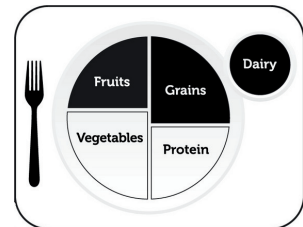
- Honey is not recommended for children under 12 months old.
- In place of strawberries, other fruits can be used as toppings, such as mango, blueberries, or raspberries.
- Frozen fruit toppings can be used in place of fresh.
- Dairy alternatives, such as fortified soy yogurt could be used.
- Flavored yogurt can be used, but doing so will increase the sugar.



10 minutes

4 servings  
(1 serving =  
1 banana split)

low fat  
low sodium



Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 banana split (237g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
<b>Saturated Fat</b> 0.5g	<b>3%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
<b>Dietary Fiber</b> 3g	<b>11%</b>
<b>Total Sugars</b> 22g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 11g	
<b>Vitamin D</b> 1mcg	<b>6%</b>
<b>Calcium</b> 104mg	<b>8%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 535mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.