

BERRY GOOD BANANA SPLIT

Ingredients:

- 1 small peeled banana
- 1 cup fat free plain yogurt
- 1/4 cup crushed whole grain dry cereal or low-fat granola
- 1/2 cup strawberries cut in halves
- 1 cherry with stem

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Cut the banana in half lengthwise (from tip to tip) or for small kids cut into thin slices.
3. Place the banana halves or slices on the plate.
4. Spoon yogurt on top of the banana.
5. Top the yogurt with half of whole grain cereal or low-fat granola.
6. Add strawberries or other fruits.
7. Top with cherry and enjoy!