

Berry Banana Split

They learn from watching you. Eat fruits
and veggies and your kids will too.

Serves 1

1 small **Banana**
 ½ cup **Berries**
 ½ cup Vanilla Yogurt (low fat)
 ½ cup **Cereal** (Toasted Oats or Grape Nuts Flakes)

1. Peel banana and slice it lengthwise from tip to tip.
2. Wash berries; cut fruit to desirable size.
3. Spoon yogurt into a mound in center of a cereal bowl.
4. Arrange banana halves on either side of yogurt; sprinkle cereal on top of yogurt and generously top with berries.

Foods in **bold** are WIC approved



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Nutrition Facts

Serving Size 1 recipe (332g)
 Servings Per Container 1

Amount Per Serving

Calories 290 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 61g **20%**

Dietary Fiber 6g **24%**

Sugars 35g

Protein 10g

Vitamin A 8% • Vitamin C 100%

Calcium 30% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less Than 65g 80g

Saturated Fat Less Than 20g 25g

Cholesterol Less Than 300mg 300 mg

Sodium Less Than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Recipe Tips:

- ★ For smaller bites, slice banana into coins
- ★ Experiment with different types of berries and cereals
- ★ When fresh berries are out of season, choose frozen instead
- ★ To decrease sugar, use frozen berries without added sugar or syrup
- ★ Substitute fruit in recipe with other fresh, frozen or canned fruit