



# Breakfast Banana Split

## Servings:

2

## Ingredients:

- 1 banana, peeled and cut in half
- 1 cup low-fat yogurt
- ½ cup whole grain cereal (your choice)
- ½ cup berries, washed

## Directions:

1. In two small bowls, put 1 banana half in each bowl.
2. Spoon yogurt equally over bananas.
3. Sprinkle half of the cereal and half of the berries on top of each bowl.

## Nutrition Facts

Serving Size 1/2 banana (216g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 170      **Calories from Fat** 20

% Daily Value\*

**Total Fat** 2.5g      **4%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 10mg      **3%**

**Sodium** 115mg      **5%**

**Total Carbohydrate** 31g      **10%**

Dietary Fiber 3g      **12%**

Sugars 19g

### Protein 7g

Vitamin A 10%      • Vitamin C 20%

Calcium 20%      • Iron 15%

\*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

