



Berry Good Banana Split

A twist on the banana-split that's packed with added nutrients and flavor!

Ingredients

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup fresh blueberries or other fresh berries

Directions

1. Cut the banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and berries. Serve.



Nutrition Information per serving:

Calories 278 Carbohydrates 58g Fiber 6g Protein 8.5g Total Fat 3.4g Sat. Fat 1.3g Sodium 94mg

Source: Champions for Change (CDPH)

Funded by USDA SNAP, an equal opportunity provider and employer.



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