



YOGURT BANANA SPLIT

August 25

National Banana Split Day



INGREDIENTS

- 2 Large Bananas (about 5 ounces each)
- ½ Cup Yogurt (that meets sugar limits)
- ¼ Cup Granola

DIRECTIONS

1. Peel your ripe bananas and then slice them vertically down the middle with a butter knife.
2. Place the two halves into a bowl. Place ¼ cup of yogurt in between the two banana halves in the bowl.
3. Top with granola.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

2 Banana Splits

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Banana Split	1 Banana Split	1½ Banana Splits	1 Banana Split