

Nutrition Education

Bananas are a great snack choice. They are easy to prepare (just peel!) and provide fiber, potassium, vitamin B6 and vitamin C. Go Bananas!

Breakfast Banana Split

Ingredients:

- 1 small, ripe banana
- 2 cups fresh blueberries or other fresh fruit
- 2 cups nonfat or low-fat vanilla yogurt
- 2 cups low-sugar, high fiber cereal (such as Cheerios, Wheaties, Grape-Nuts, or Bran Flakes)

1. Peel the banana and slice it lengthwise (from tip to tip). Wash the blueberries by placing them in a colander and running water over them. (If you are using another fruit, wash it and cut it into small pieces.)
2. Spoon the yogurt in a mound in the center of a cereal bowl.
3. Sprinkle the cereal on top of the yogurt
4. Arrange the banana halves on either side of the yogurt
5. Sprinkle the top with the blueberries or other fruit

Crunchy Bananas on a Stick

- 4 firm ripe bananas
- 8 wooden sticks with rounded ends
- 1 to 2 containers (6 ounces each) Yoplait Custard Style yogurt (any flavor)
- 3 cups Cheerios Cereal

Cover cookie sheet with waxed paper. Peel bananas; cut bananas in half. Insert wooden stick into cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet. Freeze about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer. 8 servings



