



**Lickity Split Banana Split      1 Serving**



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



**Lickity Split Banana Split      1 Serving**



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



**Lickity Split Banana Split      1 Serving**



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



**Lickity Split Banana Split      1 Serving**



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019

## Lickity Split Banana Split 1 Serving

### Ingredients:

- 1 banana, gently rubbed under cold running water
- 1/2 c. non-fat strawberry yogurt
- 1/2 c. whole-grain cereal
- 1/4 c. strawberries, gently rubbed under cold running water, sliced
- 1/4 c. raspberries, blueberries, or blackberries, gently rubbed under cool running water

### Directions:

1. Wash hands with soap and water.
2. Peel and cut banana in half lengthwise.
3. Place banana in a cereal bowl.
4. Top banana with yogurt and sprinkle with cereal and fruit.

## Lickity Split Banana Split 1 Serving

### Ingredients:

- 1 banana, gently rubbed under cold running water
- 1/2 c. non-fat strawberry yogurt
- 1/2 c. whole-grain cereal
- 1/4 c. strawberries, gently rubbed under cold running water, sliced
- 1/4 c. raspberries, blueberries, or blackberries, gently rubbed under cool running water

### Directions:

1. Wash hands with soap and water.
2. Peel and cut banana in half lengthwise.
3. Place banana in a cereal bowl.
4. Top banana with yogurt and sprinkle with cereal and fruit.

## Lickity Split Banana Split 1 Serving

### Ingredients:

- 1 banana, gently rubbed under cold running water
- 1/2 c. non-fat strawberry yogurt
- 1/2 c. whole-grain cereal
- 1/4 c. strawberries, gently rubbed under cold running water, sliced
- 1/4 c. raspberries, blueberries, or blackberries, gently rubbed under cool running water

### Directions:

1. Wash hands with soap and water.
2. Peel and cut banana in half lengthwise.
3. Place banana in a cereal bowl.
4. Top banana with yogurt and sprinkle with cereal and fruit.

## Lickity Split Banana Split 1 Serving

### Ingredients:

- 1 banana, gently rubbed under cold running water
- 1/2 c. non-fat strawberry yogurt
- 1/2 c. whole-grain cereal
- 1/4 c. strawberries, gently rubbed under cold running water, sliced
- 1/4 c. raspberries, blueberries, or blackberries, gently rubbed under cool running water

### Directions:

1. Wash hands with soap and water.
2. Peel and cut banana in half lengthwise.
3. Place banana in a cereal bowl.
4. Top banana with yogurt and sprinkle with cereal and fruit.