



Lickity Split Banana Split

1 Serving



DOUBLE UP

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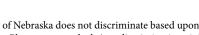


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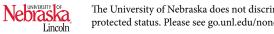






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Lickity Split Banana Split

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 Serving

1/4 c. raspberries,

1/4 c. raspberries,

running water

blueberries, or blackberries,

gently rubbed under cool

running water

blueberries, or blackberries,

gently rubbed under cool

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.

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 1/4 c. raspberries, blueberries, or blackberries, gently rubbed under cool running water

water. sliced

• 1/2 c. whole-grain cereal

•1/4 c. strawberries, gently

rubbed under cold running

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water. sliced

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