Gotta Split! Breakfast (No Oven Recipe)

Makes 1 serving

**Stuff You Need**

- 1 small bowl
- Plastic wrap
- Spoons
- Butter or plastic knives (1 per participant)
- Plastic cereal bowls (1 per participant)
- Plastic spoons (1 per participant)
- Measuring cups

**What’s In It?**

- 1 small ripe banana, peeled, halved lengthwise
- ½ cup vanilla low fat yogurt
- ½ cup whole grain cereal (pick your favorite variety)
- ½ cup fresh fruit (strawberries or blueberries) or canned fruit, drained (sliced peaches, etc.)

**How to Put It Together**

- Peel banana and cut in half lengthwise; place in cereal bowl.
- Top with yogurt, cereal, and fruit.

**Why It’s Good for You**

Enjoy this fun breakfast idea – it counts towards your daily Fruits Group, Milk Group and Grains Group goals! The fruit makes it a good source of vitamin C.

**Nutrition Information Per Serving:** 330 calories, 4g total fat, 1.5g saturated fat, 10mg cholesterol, 200mg sodium, 70g carbohydrate, 9g dietary fiber, 44g sugars, 9g protein, 10%DV vitamin A, 35%DV vitamin C, 20%DV calcium, 20%DV iron.