

Breakfast Banana Split

Kids will find this breakfast very “a-peeling”!

1 serving

Ingredients:

- 1 small banana
- 1/2 cup crunchy nugget cereal or favorite oat or corn cereal
- 1/2 cup lowfat vanilla, blueberry or strawberry yogurt or cottage cheese
- 1/2 teaspoon honey
- 1/2 cup pineapple tidbits
- maraschino cherries, optional

Directions:

1. Peel and split banana lengthwise and place in banana split dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt or cottage cheese on top and drizzle with honey.
4. Decorate your dish with reserved cereal, pineapple and cherries.

Nutrition Facts: One banana split provides 480 calories, 3g total fat, 10mg cholesterol, 430mg sodium, 107g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Breakfast Banana Split
Muffin
Milk

Breakfast Banana Split

Kids will find this breakfast very “a-peeling”!

1 serving

Ingredients:

- 1 small banana
- 1/2 cup crunchy nugget cereal or favorite oat or corn cereal
- 1/2 cup lowfat vanilla, blueberry or strawberry yogurt or cottage cheese
- 1/2 teaspoon honey
- 1/2 cup pineapple tidbits
- maraschino cherries, optional

Directions:

1. Peel and split banana lengthwise and place in banana split dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt or cottage cheese on top and drizzle with honey.
4. Decorate your dish with reserved cereal, pineapple and cherries.

Nutrition Facts: One banana split provides 480 calories, 3g total fat, 10mg cholesterol, 430mg sodium, 107g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Breakfast Banana Split
Muffin
Milk

Breakfast Banana Split

Kids will find this breakfast very “a-peeling”!

1 serving

Ingredients:

- 1 small banana
- 1/2 cup crunchy nugget cereal or favorite oat or corn cereal
- 1/2 cup lowfat vanilla, blueberry or strawberry yogurt or cottage cheese
- 1/2 teaspoon honey
- 1/2 cup pineapple tidbits
- maraschino cherries, optional

Directions:

1. Peel and split banana lengthwise and place in banana split dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt or cottage cheese on top and drizzle with honey.
4. Decorate your dish with reserved cereal, pineapple and cherries.

Nutrition Facts: One banana split provides 480 calories, 3g total fat, 10mg cholesterol, 430mg sodium, 107g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Breakfast Banana Split
Muffin
Milk

Breakfast Banana Split

Kids will find this breakfast very “a-peeling”!

1 serving

Ingredients:

- 1 small banana
- 1/2 cup crunchy nugget cereal or favorite oat or corn cereal
- 1/2 cup lowfat vanilla, blueberry or strawberry yogurt or cottage cheese
- 1/2 teaspoon honey
- 1/2 cup pineapple tidbits
- maraschino cherries, optional

Directions:

1. Peel and split banana lengthwise and place in banana split dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt or cottage cheese on top and drizzle with honey.
4. Decorate your dish with reserved cereal, pineapple and cherries.

Nutrition Facts: One banana split provides 480 calories, 3g total fat, 10mg cholesterol, 430mg sodium, 107g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Breakfast Banana Split
Muffin
Milk