Breakfast Banana Split

Level: Easy

Serves 1

Ingredients:

1 small banana

1/2 cup crunchy nugget cereal or favorite oat or corn cereal

1/2 cup low fat vanilla, blueberry or strawberry yogurt, or cottage cheese

1/2 teaspoon honey

1/2 cup pineapple tidbits or chunks

Maraschino cherries, optional

Directions:

Remember to wash your hands!

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 with reserved cereal, pineapple and cherries.

Helpful Hints: This colorful, delicious breakfast is so inviting, it may become a morning "must-have!" No need to worry about the same old breakfast. There are many different combinations of yogurt, fruit or cottage cheese you can choose, and they will all be popular and nutritious. For example, if melon is in season try cantaloupe cubes instead of pineapple. Grapes could top the cereal, or fresh or frozen berries. Different cereal toppers will create different flavors and textures. Let your children choose their favorite fixings and watch how breakfast disappears!

Safety Tip: It is important to remember that some foods can cause choking in young children. Be sure that fruit pieces are very small and soft for a toddler. Avoid grapes, chunks of pineapple or melon. Instead, your toddler might enjoy canned fruit cocktail on his breakfast banana split!

Nutrition Facts

Serving Size: 1 banana split (596g) Servings Per Container: 1

Amount Per Serving Calories 460 Calories from Fat 30%

Total Fat 3g 5%

Saturated Fat 1.5g 7%

Cholesterol 10mg 3%

Sodium 430mg 18%

Total Carbohydrate 107g 36%

Dietary Fiber 9g 36%

Sugars 58g

Protein 13g

Vitamin A 20% ● Vitamin C 30%

Calcium 20% ● Iron 100%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 - 2,500

Total Fat: Less than 65g

Saturated Fat: Less than 20g

Cholesterol: Less than 300mg

Sodium: Less than 2,400mg

Total Carbohydrate: 300g

Dietary Fiber: 25g

Calories with 4%

Fat = Carbohydrate x 4 = Protein x 4

Kids' Tool Kit

Knife

Cutting board

Measuring spoons

Measuring cups

Spoon

Dish/Cereal bowl

Can opener

Strainer

Chef's Choice

Breakfast Banana Split

Muffin

Milk

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.