

# Breakfast Banana Split

Kids will find this breakfast very "a-peeling!"



Level: Easy

Serves 1

- Kids' Tool Kit**
- Knife
  - Cutting board
  - Measuring spoons
  - Measuring cups
  - Spoon
  - Dish/Cereal bowl
  - Can opener
  - Strainer

**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.

- Chef's Choice**
- Breakfast Banana Split
  - Muffin
  - Milk



**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 (396g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 480	Calories from Fat 30
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1.5g	<b>7%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 107g	<b>36%</b>
Dietary Fiber 9g	<b>38%</b>
Sugars 58g	
<b>Protein</b> 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.

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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