**Berry Banana Split**

Makes 1 serving.

**Prep time:** 5 minutes

**Ingredients:**
1. small banana, peeled
2. cup lowfat vanilla yogurt
3. tablespoon lowfat granola
4. cup sliced strawberries (fresh or frozen)

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

**Nutrition information per serving:**
Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: Kids…Get Cookin’, Network for a Healthy California, 2009.
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