

# HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



## BREAKFAST BANANA SPLIT

### INGREDIENTS

- 1 Medium to Large Banana
- Yogurt of your choice (Try strawberry yogurt)
- Blueberries
- Strawberries (diced)
- Cereal or granola of your choice  
(Cheerios are a fun way to add texture and extra fiber)
- School-approved nuts of your choice
- 1 cherry (de-pitted if needed)

### STEPS

1. Peel banana and slice lengthwise.
2. Top with yogurt, berries, cereal, nuts and cherry, and enjoy!