

Berry Banana Split

Makes: 24 or 48 Servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Bananas		12		24
Vanilla yogurt, low-fat		6 cups		12 cups
Berried, fresh or frozen, any variety		4 cups		8 cups

Directions

1. Cut bananas in half lengthwise, and then cut again, so each banana produces 4 long slices.
2. Put 1/4 cup yogurt in each bowl.
3. Place 1 banana quarter on either side of each bowl.
4. Top with berries.

Notes

Serving Tips:

You can switch the flavor of low-fat yogurt and use any fruit you have available.

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care

Nutrition Information

Nutrients	Amount
Calories	104
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	44 mg
Total Carbohydrate	21 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available