

Strawberry Yogurt Breakfast Split

Makes: 50 or 100 Servings

50 Servings 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Petite bananas		50		100
Strawberries, hulled, sliced, fresh or frozen		3 gal 2 cup		6 gal 1 qt
Low-fat vanilla yogurt		6 qt		3 gal
Almonds, toasted, chopped		3 cup		1 1/2 qt

Directions

1. Peel bananas and slice lengthwise. Place onto individual plates.
2. Top banana with 1 cup sliced strawberries.
3. Top berries with 1/2 cup (4 ounces) yogurt.
4. Top yogurt with 1 tablespoon chopped almonds.
5. Serve 1 split per person.

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	70 mg
Total Carbohydrate	56 g
Dietary Fiber	7 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Meal Components

Meat / Meat Alternate	1 ounce
-----------------------	---------

Notes

Additional Tips

You can find the recipe for 25 servings and family sized servings [here.](#)

Source: NH Obesity Prevention Program, DHHS, DPHS