


Breakfast Splits

 MENU IDEA: Breakfast Splits, Whole Wheat Toast, Nonfat Milk

Ingredients:

- 1 small banana
- ½ cup low-fat yogurt
- ¼ cup granola or flake-style cereal
- ½ cup sliced or chopped fresh fruit (kiwi, orange, apple)

Directions:

1. Cut banana in half lengthwise; place in shallow bowl.
2. Top with yogurt, cereal, and fruit.

Cooking Tip

- Invite overnight guests to make their own splits. Set out bowls, bananas, vanilla and/or fruit-flavored yogurts, cereal choices, chopped fruit and/or frozen/thawed berries, cinnamon or nutmeg shakers and/or chopped nuts.