Banana Splits

6 bananas     3 8-ounce cartons low fat yogurt
1 ½ cups crushed sweetened cereal     1 20-ounce cans light fruit cocktail, drained

Crush cereal in a blender or place in a zip top bag and mash. Slice whole bananas in half lengthwise. Cut each half again, so there are 4 slices from each banana. Place each banana quarter in a bowl. Top with 2 Tablespoons yogurt and 1 Tablespoon fruit cocktail. Sprinkle each serving with 1 Tablespoon crushed cereal.

Make 24 small snacks. Could use diced fresh fruit of choice in place of canned fruit cocktail. Recipe called for Honey Graham cereal, but any crushed sweetened cereal could be used.

Nutrition information per serving:
70 calories, 0.5 g fat, 5 mg cholesterol, 45 mg sodium, 17 gm carbohydrates, 1 g fiber, 2 g protein.

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