

## SNACK SUGGESTION

# Crunchy Bananas

### Ingredients

- 4 to 5 large bananas
- 1 cup low-fat vanilla yogurt
- 1 cup crushed whole-grain flaked cereal

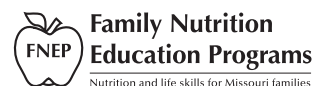
### Equipment

- Dry measuring cups
- Serving plate
- Serving knife
- Paper plates

### Procedures

1. Thoroughly wash hands and all work surfaces.
2. Pour crushed cereal onto a plate.
3. Cut peeled bananas into 1-inch chunks, spread with yogurt and then roll in crushed cereal.
4. Serve on paper plates and enjoy.
5. Refrigerate leftovers immediately.

Makes 8 servings



Funded in part by USDA SNAP.

Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fst/fstamp](https://dss.mo.gov/fst/). For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

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