**Recipe card instructions:**
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

### Breakfast Banana Split
- ½ small banana
- ¼ cup crunchy nugget cereal, granola or favorite oat or corn cereal
- ¼ cup low-fat flavored yogurt or cottage cheese
- ¼ cup pineapple tidbits
- 1 tablespoon chopped nuts
- Maraschino cherries (optional)

Wash banana; peel and split lengthwise; place in a small cereal bowl. Sprinkle cereal over banana, reserving some for topping. Spoon yogurt or cottage cheese on top; drizzle with ½ teaspoon honey if using cottage cheese. Decorate with pineapple, cherry and reserved cereal. Makes 1 serving.

Source: University of Missouri Extension Family Nutrition Education Programs

### Breakfast Banana Split
- ½ small banana
- ¼ cup crunchy nugget cereal, granola or favorite oat or corn cereal
- ¼ cup low-fat flavored yogurt or cottage cheese
- ¼ cup pineapple tidbits
- 1 tablespoon chopped nuts
- Maraschino cherries (optional)

Wash banana; peel and split lengthwise; place in a small cereal bowl. Sprinkle cereal over banana, reserving some for topping. Spoon yogurt or cottage cheese on top; drizzle with ½ teaspoon honey if using cottage cheese. Decorate with pineapple, cherry and reserved cereal. Makes 1 serving.

Source: University of Missouri Extension Family Nutrition Education Programs
Recipe card instructions:
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Breakfast Banana Split

Note:
• Other fruits and different yogurts can be used in this recipe.

Nutrition Facts
Serving Size: 1 recipe

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 298</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Sodium</td>
<td>232mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>59g</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
</tr>
</tbody>
</table>

Vitamin A: 17%
Vitamin C: 16%
Calcium: 10%
Iron: 10%

*Nutrient values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Note:
• Other fruits and different yogurts can be used in this recipe.

Nutrition Facts
Serving Size: 1 recipe

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 298</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Sodium</td>
<td>232mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>59g</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
</tr>
</tbody>
</table>

Vitamin A: 17%
Vitamin C: 16%
Calcium: 10%
Iron: 10%

*Nutrient values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.