



BANANA SPLIT YOGURT BOWL

August 25

National Banana Split Day



INGREDIENTS

- 32 Ounces Greek Yogurt (that meets sugar limits)
- 4 Cups Oatmeal (cooked, optional)
- 3 Cups Sliced Bananas
- 2 Cups Sliced Strawberries
- 3 Cups Cubed Pineapple
- 8 Cherries

DIRECTIONS

1. In a small bowl, add the cooked oatmeal and then top with the yogurt.
2. Add bananas slices to the top of the yogurt. You can fan it out a little so it looks pretty.
3. After adding the banana, you can add in the strawberries and pineapple.
4. Top with a cherry.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

8 Yogurt Bowls

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt + ½ Cup Fruit	¼ Cup Yogurt + ½ Cup Fruit	½ Cup Yogurt + ¾ Cup Fruit	½ Cup Yogurt + ½ Cup Fruit