

High Protein Banana Split

Ingredients

- 1 **banana**, cut in half crosswise and again lengthwise
- 1 cup **Greek yogurt** (plain or flavored)
- 1 cup whole-grain fortified **cereal** (check the Nutrition Facts label)
- 1 teaspoon honey (optional)**
- $\frac{1}{4}$ cup sliced **strawberries** (fresh or frozen)
- $\frac{1}{4}$ cup canned **pineapple** pieces (fresh or canned in 100% juice and drained)

Directions

1. Wash hands with soap and water.
2. Place 2 pieces of banana next to each other in each of the 2 cereal bowls.
3. Over the banana in each cereal bowl, spoon half the yogurt and sprinkle half the cereal. Drizzle with honey, if desired.
4. Top with fruit and serve.
5. Refrigerate leftovers within 2 hours.

