## **Breakfast Banana Split**





## 1 Serving Provides:

CACFP: 1 ounce equivalents Grains, 1 ounce Meat/Meat Alternate, <sup>3</sup>/<sub>4</sub> cup Fruit NSLP: 1 ounce equivalents Grains, 1 ounce Meat/Meat Alternate, <sup>3</sup>/<sub>4</sub> cup Fruit SFSP: 1 ounce equivalents Grains, 1 ounce Meat/Meat Alternate, <sup>3</sup>/<sub>4</sub> cup Fruit

## HACCP Process #1 No Cook Preparation

	8 Servings		16 Servings	
Ingredients	Weight	Measure	Weight	Measure
Bananas, 150-count size		8		16
Granola cereal		2 cups		1 quart
Low-fat yogurt, vanilla or strawberry		1 quart		2 quarts
Honey (optional)		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Pineapple tidbits or chunks		2 cups		1 quart



## **Directions**

- 1. For each serving peel and slice each banana in half lengthwise. Place 2 halves in a portion container.
- 2. Sprinkle ¼ cup granola over banana, reserving some for topping.
- 3. Spoon ½ cup yogurt between the 2 banana halves and drizzle with ½ teaspoon of optional honey.
- 4. Place ¼ cup pineapple on top of the yogurt.
- $5. \ \, \text{Decorate with reserved granola. Serve immediately}.$

CCP: Hold for cold service at 41°F or below.

Serve 1 portion per person.

Serving	Yield	Volume
1 each	8 servings 16 servings	N/A

Nutrients Per Serving								
Calories	369	Sodium	126 mg	Vitamin A	148 IU			
Total Fat	4.4 g	Carbohydrate	77 g	Vitamin C	16 mg			
Saturated Fat	1.3 g	Dietary Fiber	6 g	Iron	2 mg			
Cholesterol	6 mg	Protein	10 g	Calcium	224 mg			

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