

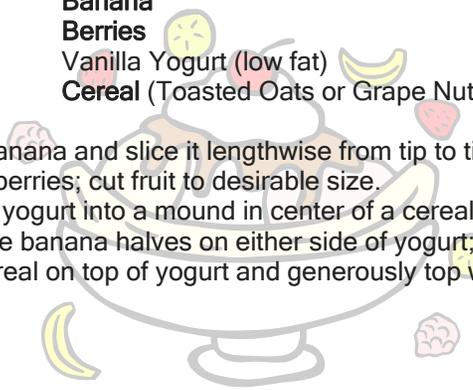
They learn from watching you. Eat fruits and veggies and your kids will too.

Berry Banana Split

Serves 1

1 small **Banana**
½ cup **Berries**
½ cup Vanilla Yogurt (low fat)
½ cup **Cereal** (Toasted Oats or Grape Nuts Flakes)

1. Peel banana and slice it lengthwise from tip to tip.
2. Wash berries; cut fruit to desirable size.
3. Spoon yogurt into a mound in center of a cereal bowl.
4. Arrange banana halves on either side of yogurt; sprinkle cereal on top of yogurt and generously top with berries.



Foods in **bold** are WIC approved

