



## **Strawberry-Banana Split**

### **Ingredients:**

1 banana  
1 cup fresh strawberries, washed and sliced  
½ cup fat-free or low-fat vanilla yogurt  
1 tablespoon chopped nuts of your choice

### **Instructions:**

Wash, peel and slice banana lengthwise. Place a banana halve in each serving bowl. Top each banana halve with fresh strawberries, yogurt, and nuts.

Makes 2 servings

### **Nutritional Analysis:**

Calories: 193  
Protein: 7.5g  
Fat: 8.7g  
Saturated Fat: 0.75g  
Carbohydrates: 24.5g  
Fiber: 3.8g  
Sodium: 44.5mg  
Vitamin A: 112 IU  
Vitamin C: 48mg