

Fruit



Strawberry Split 'N Spikes

Try it for
breakfast!



Ingredients:

16 fresh strawberries
2 bananas
2 cups non-fat vanilla yogurt
4 tablespoons slivered almonds

Nutrition:

Recipe makes 4 servings
Each serving counts as 1.5 fruits

Safety:

Keep your fingers curled under while using the knife to avoid cutting your fingers.

Directions:

1. Wash strawberries and peel bananas.
2. Remove green tops and cut strawberries into bite-sized pieces.
3. Cut banana into bite-sized pieces.
4. Divide yogurt into four serving bowls.
5. Add quarter of strawberry and banana pieces to each serving bowl.
6. Top each with one tablespoon almonds.
7. Add spoons and enjoy!

Recipe approved by the Children's Nutrition Research Center at Baylor College of Medicine

from the kitchen of
Playnormous

