
Breakfast Split

- 1 small banana
- 1/2 cup low-fat yogurt
- 1/4 cup granola or flake-style cereal
- 1/2 cup sliced or chopped fresh fruit

Instructions: Cut banana in half lengthwise; place in shallow bowl. Top with yogurt, cereal, and fruit.

Yield: 1 serving

Nutrition Facts (per serving): 357 Calories, 3 grams fat, 134 milligrams sodium, 77 grams carbohydrate, 6 grams fiber, 9 grams protein