



## Strawberry Banana Breakfast Split

Number of servings: 6

Serving size:  $\frac{3}{4}$  cup

### Equipment:

Stovetop

### Ingredients:

- 1½ cups old-fashioned oatmeal
- 2 bananas
- 2 cups frozen strawberries (thawed)
- 2 cups low-fat plain yogurt

**Directions:** Cook old-fashioned oats according to the directions on the box. While oats are cooking, place thawed strawberries in a bowl and mash with a spoon until the consistency of a thick sauce. When oats are done, place oats in a mixing bowl. Add yogurt, sliced bananas and stir. Top with strawberry sauce and serve.

**MyPlate servings:** 1 serving of grain,  $\frac{1}{2}$  serving of fruit,  $\frac{1}{4}$  serving of dairy

**Pump it Up:** Jump up and down with both feet, hop on one foot, then the other, jump so your feet crisscross, jump as high as you can. Repeat as many times as you can in a minute. Rest. Each week try to add another minute!

**Food for Thought:** Strawberries are a great source of vitamin C, which supports a healthy immune system. Did you know that strawberries have more vitamin C per pound than oranges?

| Nutrition Facts  |           |        |                        |
|--|-----------|--------|------------------------|
| Serving Size 3/4 cup   |           |        |                        |
| Serving Per Container 6  |           |        |                        |
| Amount Per Serving   |           |        |                        |
| <b>Calories 188</b>  |           |        |                        |
|  |           |        | <b>% Daily Values*</b> |
| <b>Total Fat</b> 3g  |           |        | <b>5%</b>              |
| Saturated Fat 1g   |           |        | <b>5%</b>              |
| Trans Fat 0g   |           |        |                        |
| Polyunsaturated Fat 1g   |           |        |                        |
| Monounsaturated Fat 1g   |           |        |                        |
| <b>Cholesterol</b> 5mg   |           |        | <b>2%</b>              |
| <b>Potassium</b> 516mg   |           |        | <b>15%</b>             |
| <b>Sodium</b> 63mg   |           |        | <b>3%</b>              |
| <b>Total Carbohydrate</b> 34g  |           |        | <b>11%</b>             |
| Dietary Fiber 4g   |           |        | <b>16%</b>             |
| Sugars 14g   |           |        |                        |
| <b>Protein</b> 8g  |           |        | <b>16%</b>             |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |        |                        |
|  | Calories  | 2,000  | 2,500                  |
| Total Fat  | Less than | 65g    | 80g                    |
| Sat Fat  | Less than | 20g    | 25g                    |
| Cholesterol  | Less than | 300mg  | 300mg                  |
| Sodium   | Less than | 2400mg | 2400mg                 |
| Total Carbohydrate   |           | 300g   | 375g                   |
| Dietary Fiber  |           | 25g    | 30g                    |

**\*\*Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>