Banana bobs



Recipe credit

Oregon SNAP. OSU Extension Service

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About this recipe

Serves
2 Servings
Serving size
8 "Bobs"
Time to make
5 Minutes
Special criteria

Summer meals in a SNAP

Ingredients

- Large banana, cut into ½ inch slices
- ¼ cup low-fat vanilla yogurt
- 2 tablespoons oat and honey granola cereal

Directions

1. Wash hands with soap and water.
2. Divide the sliced banana pieces between two plates.
3. Place 2 tablespoons of yogurt onto each plate.
4. Place 1 tablespoon of granola cereal onto each plate.
5. Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.
6. Refrigerate leftovers within 2 hours.

Tips and variations

- Try different flavors of yogurt.

Recipe video

Nutritional info

Calories
110
Total fat
1.5g
Saturated fat

0g
Cholesterol
0mg
Sodium
25mg
Total carbohydrates
24g
Dietary fiber
2g
Protein
3g
Total sugar
24g

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