

## 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

## 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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