

Berries with Banana Cream



Adapted from *What's Cooking? USDA Mixing Bowl*.

Ingredients

- 1/3 cup yogurt, low-fat plain
- 1/2 banana (ripe)
- 1/2 us fluid ounce fruit juice (orange works well)
- 2 cups sliced strawberries
- 1 teaspoon honey
- 1 teaspoon cinnamon (dash)



Directions



Yield: 4 servings Serving size: 1 cup

1. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!

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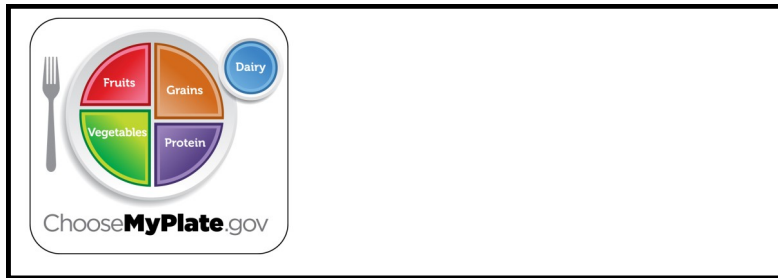
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Fast Facts



Featured Food Groups



Cooking Tips



- This “banana Cream” can be topped with other fresh berries like raspberries, blueberries or blackberries for a delicious dessert or snack.
- Add honey, maple syrup, or cinnamon for extra flavor.

Second Harvest is an equal opportunity provider.

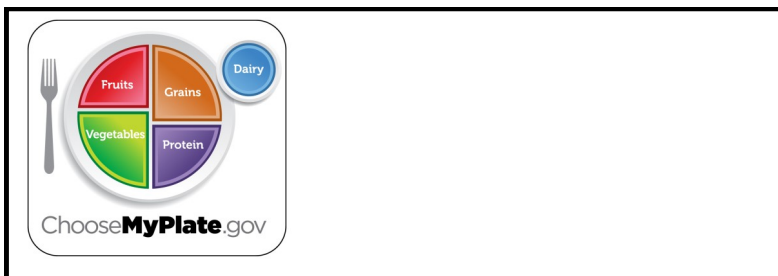
Nutrition Information	
Show Full Display	
Nutrients	Amount
Total Calories	60
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	15 mg
Carbohydrates	13 g
Dietary Fiber	2 g
Total Sugars	9 g
Added Sugars included	1 g
Protein	2 g
Vitamin D	0 mcg
Calcium	52 mg
Iron	0 mg
Potassium	236 mg
N/A - data is not available	



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