Berry Banana Split

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>6 Servings</th>
<th>12 Servings</th>
<th>24 Servings</th>
<th>48 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>3</td>
<td>6</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Vanilla yogurt, low-fat</td>
<td>1-1/2 cups</td>
<td>3 cups</td>
<td>6 cups</td>
<td>12 cups</td>
</tr>
<tr>
<td>Berries, fresh or frozen, any variety</td>
<td>1 cup</td>
<td>2 cups</td>
<td>4 cups</td>
<td>8 cups</td>
</tr>
</tbody>
</table>

Directions:
1. Cut bananas in half lengthwise, and then cut again, so each banana produces 4 long slices.
2. Put 1/4 cup yogurt in each bowl.
3. Place 1 banana quarter on either side of each bowl.
4. Top with berries.

Food For Thought You can switch the flavor of low-fat yogurt and use any fruit you have available.

CACFP Crediting For 3-5 year olds; Snack. Must serve two of the following:
- Grain/Bread  
- Fruit/Vegetable  
- Meat/Meat Alternate  
- Milk

Nutrition Facts
Serving size: 1/4 cup yogurt (146g)
Servings Per Recipe: 24

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 104</td>
<td>Cal. from Fat 12</td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Cholesterol 4mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 44mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate 21g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 14g</td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
</tr>
</tbody>
</table>


Friends Trail Mix

Ingredients | 8 Servings | 16 Servings | 32 Servings | 64 Servings
--- | --- | --- | --- | ---
*Multi-grain Chex*<sup>®</sup> | 1-1/2 cups | 3 cups | 6 cups | 12 cups
*Cheerios*<sup>®</sup> | 1-1/2 cups | 3 cups | 6 cups | 12 cups
Raisins (optional) | 1/3 cup | 2/3 cup | 1-1/3 cups | 2-2/3 cups
Apricots, dried, chopped (optional) | 3 Tbsp | 1/3 cup | 2/3 cup | 1-1/3 cups
*Kix*<sup>®</sup> | 1-1/2 cups | 3 cups | 6 cups | 12 cups
Finely chopped almonds, walnuts or pistachio nuts (optional) | 1/3 cup | 2/3 cup | 1-1/3 cups | 2-2/3 cups
Soy nuts (only 6 years and older, optional) | 1-1/3 cups | 2-2/3 cups | 5-1/3 cups | 10-2/3 cups
Pretzels (only 5 years and older) | 1-1/3 cups | 2-2/3 cups | 5-1/3 cups | 10-2/3 cups

Directions:
1. Toss cereal, dried fruit and chopped nuts together.
2. Serve in resealable bags or plastic cups.

Food For Thought: Trail mix is a fun way to get kids involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it!

CACFP Crediting: For 3-5 year olds; Snack. Must serve two of the following:
- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

Nutrition Facts
Serving size: 1/2 cup (29g)
Servings Per Recipe: 32

Amount Per Serving
- Calories: 95
- Calories from Fat: 6%
- Total Fat: 1g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 139mg
- Total Carbohydrate: 23g
- Dietary Fiber: 2g
- Sugars: 8g
- Protein: 2g
- Vitamin A: 8%
- Vitamin C: 4%
- Calcium: 8%
- Iron: 35%

Molten Lava

Ingredients (for 12 servings):

- 3 cups Refried Black beans, canned, low-sodium
- 1 cup Mild salsa
- 1 cup Tomato sauce, no salt added
- ¼ cup Whole-grain pita wedges/crackers
- ¾ cup Vegetables (such as bell peppers, carrots, or celery)

Directions:

1. Mix salsa and tomato sauce with beans
2. Serve with whole grain pita wedges/crackers or vegetables for dipping

CACFP Crediting

- Grain/Bread (if served with pita or crackers)
- Fruit/Vegetable (if served with dipping vegetables)
- Meat/Meat Alternate