Berries with Banana Cream

Make your own "banana cream" with yogurt, banana, and fruit juice for a delicious fruit topping for snacks or desserts.

Makes: 4 servings



Ingredients

- ? cup plain yogurt
- ½ ripe banana, diced
- ½ ounce 100% fruit juice (orange works well)
- 2 cups chopped strawberries
- 1 teaspoon honey
- ? teaspoon cinnamon

Directions

1. Combine yogurt, banana, and juice and mash together with a fork until most of the banana pieces are gone.
2. Add the strawberries to a bowl or glass.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

Note: Children under the age of 1 should not consume honey.

Recipe from: Iowa Department of Public Health, Iowa Nutrition Network, adapted by the USDA Food and Nutrition Administration.

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