



Banana Split Salad

Prep Time: 10 minutes

Cost per serving: \$0.22

What you need:

Utensils:

- Measuring cup
- Cutting board & knife
- Can opener
- Serving bowls

Ingredients:

- 1 banana
- ¼ cup low-fat cottage cheese
- ¼ cup fruit cocktail, canned in its own juices, drained

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash, peel, and slice banana lengthwise. Place in a bowl.
4. Top banana with cottage cheese.
5. Pour fruit cocktail over top.
6. Chill before serving. Cover and refrigerate leftovers.



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Nutrition Facts

Serving Size 1/2 banana
Servings Per Container 2

Amount Per Serving

Calories 90 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 95mg **4%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 4g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 2%