

Farmers' markets offer a variety of reasonably priced, flavorful farm-fresh foods. Fresh produce can be an important part of a tasty, nutritious diet. Shopping at open-air farmers' markets can also be a fun and healthful way for older Americans to stay connected to their communities. To find a Kansas community farmers' market near you, call your local K-State Research and Extension office or visit the web site, www.oznet.ksu.edu/pr\_kfmd/

## Breakfast Banana Split (1 serving)



1 small banana

1/2 cup crunchy nugget cereal or oat or corn cereal

1/2 cup cottage cheese or lowfat vanilla, blueberry, or strawberry yogurt

1/2 teaspoon honey

1/2 cup pineapple chunks

Maraschino cherries, optional

## **Directions:**

- 1. Peel and split banana lengthwise and place in banana split dish or cereal bowl.
- 2. Sprinkle cereal over banana, reserving some for topping.
- 3. Spoon yogurt or cottage cheese on top and drizzle with honey.
- 4. Decorate your dish with reserved cereal, pineapple and cherries.

**Helpful Hints:** You can use other combinations of yogurt, fruit, or cottage cheese. For example, try cantaloupe cubes instead of pineapple. Grapes, or fresh or frozen berries could top the cereal. Different cereals will create different flavors and textures.

**Nutrition Facts** (1 serving): calories 480; fat 3g; carbohydrate 107g; protein 13g; cholesterol 10mg; sodium 430mg.

Did you know that the **Kansas Food Assistance Program** can help make your garden grow?

It provides extra money for vegetable seeds to eligible seniors.

Call 1-888-369-4777 toll free to find out if you qualify for food assistance.