

Breakfast Banana Split



BREAKFAST BANANA SPLIT

ingredients

1 banana
1 crunchy granola bar
1/2 cup low-fat vanilla or preferred yogurt
1/2 teaspoon honey (optional)
1/2 cup chopped fruit like strawberries, pineapple,
nectarines, or peaches

directions

Peel and split the banana lengthwise.
Place half in two separate cereal bowls.
Crumble the granola bar into small pieces.
Over each banana, spoon yogurt, sprinkle cereal, and
drizzle honey, if desired.
Top with fresh fruit and serve immediately.

notes

Top with nuts or seeds for more protein and extra crunch!

**Recipe adapted from Food Hero*