Breakfast banana split



Recipe credit

North Dakota State University and USDA

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About this recipe

Serves
1
Time to make
5 Minutes
Special criteria
Summer meals in a SNAP

Ingredients

- 1 banana
- 1 tablespoon peanut butter
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup fruit of choice
- 2 tablespoons of granola

Directions

1. Peel banana.
2. Cut banana in half and slice lengthwise.
3. Spread peanut butter on each slice. Place in bowl.
4. Top with yogurt.
5. Add fruit of choice.
6. Sprinkle with granola.

Nutritional info

Calories
350
Total fat
13g
Sodium
150mg
Total carbohydrates
46g
Dietary fiber
5g

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