

# BREAKFAST BANANA SPLIT

Makes 1 servings (2 tablespoons each)

Each serving has 370 calories, 11 grams (g) fat, 10 g protein, 61 g carbohydrate, 6 g fiber, and 80 milligrams (mg) sodium.

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1 small banana

1 Tbsp. peanut butter

½ c. low-fat vanilla yogurt

2 Tbsp. granola cereal

½ c. strawberries, sliced (blueberries or other fruit can be substituted)

Peel banana and slice lengthwise. Spread peanut butter over banana. Spoon yogurt into middle of banana. Top with granola and strawberries.

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