

## **INGREDIENTS:**

1 banana 1 Tbsp. peanut butter 1/2 c. low-fat vanilla yogurt 1/2 c. fruit of choice 2 Tbsp. granola

## **Breakfast Banana Split**

Makes one serving. The serving has 350 calories, 13 g fat, 16 g protein, 46 g carbohydrate, 5 g fiber and 150 mg sodium.

Prep time: 5 minutes

## **DIRECTIONS:**



Peal banana.



Cut banana in half and slice lengthwise.



Spread peanut butter on each slice. Place in bowl.



Top with yogurt.



Add fruit of choice.



Sprinkle with granola.

**EXTENSION** 

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