



Social Eats

# 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.

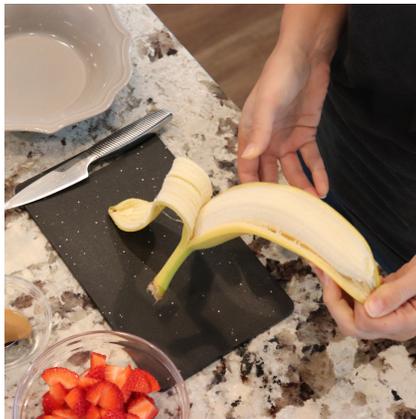


Prep time: 5 minutes

## DIRECTIONS:

### INGREDIENTS:

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



Peel 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.