

Breakfast Banana Split!



Dessert for breakfast? Love! When you think about it, a lot of breakfast and brunch foods are pretty much dessert- donuts, pancakes with syrup, waffles, French toast, cinnamon rolls. Here's your chance to eat something that looks and tastes a lot like a dessert, but it's all healthy!

This banana split is really just fruit, yogurt, peanut butter and granola, and takes only a couple of minutes to prepare.

The presentation is what makes it special. Kids and houseguests will love it, and you won't feel deprived if you swap the usual weekend brunch calorie bomb foods for this treat. Extra points if you serve it in an actual banana split dish ☐

On top of being beautiful and appetizing, there is an

excellent balance of nutrients here- protein, fruit, whole grains, and healthy fats. It's a perfect meal when you have a big day ahead of you.

Another great thing about this recipe is you can customize it. Use whatever fruit, cereal and nut butter you like and have on hand. Top it with nuts and a cherry if that makes you happy, or even sprinkles (or Fruity Pebbles) for kids!

Breakfast Banana Split

- 1 Banana
- 1/2 cup Greek Yogurt
- 1 T peanut butter
- 1/2 cup fruit (berries, cherries, pineapple, and/or peaches work well)
- 1/4 cup granola
- 1/2 T honey or maple syrup*

Split banana in half lengthwise and place in bottom of bowl or banana split dish. Top with yogurt, then peanut butter, then fruit, then granola, then drizzle with honey or maple syrup.

*Honey or maple syrup is optional. I only use it when I use unsweetened, unflavored yogurt. If I use sweetened yogurt, I omit.