

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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