

# Banana Split Breakfast Parfait ★★★★★

Prep Time 5 mins Total Time 5 mins Servings 1 serving Calories 431 Author Alyssia Sheikh

## Ingredients

- 1 banana
- ½-1 cup Greek yogurt coconut cream, coconut yogurt, or cottage cheese
- ¼ cup healthy granola or trail mix
- 1 cup mixed berries
- 1 Tbsp peanut butter or nut butter of choice
- drizzle of honey or maple syrup
- cherry on top

To reduce calories try using:

- ½ banana
- ½ cup mixed berries

## Instructions

1. Slice banana in half lengthwise and lay in shallow bowl.
2. Add some berries in between the banana halves to create a cavity.
3. Use an ice cream scoop to scoop yogurt into the middle of the banana boat.
4. Distribute fruit and sprinkle with granola, or whichever toppings you like!
5. Melt peanut butter and drizzle on top with honey.
6. Serve topped with a cherry (or a few) if desired!
7. *Yields 1 banana split breakfast parfait.*

## Notes

\*Nutrition calculated with ½ cup plain nonfat Greek yogurt and 2 tsp honey.

## Nutrition

Serving: 1banana split breakfast parfait | Calories: 431kcal | Carbohydrates: 69g | Protein: 22g | Fat: 11g | Fiber: 13g | Sugar: 27g

