**Breakfast Banana Splits**

**Ingredients**
- 1 large banana, peeled
- 1/2 cup of yogurt
- 1/2 cup of your favorite breakfast cereal
- 1/4 cup of a nut mix

**Directions**
1. Cut banana halves length wise to open them like books and arrange each in a small bowl.
2. Top bananas with dollops of yogurt
3. Scatter cereal and nut mix over the top and serve.

Makes 1 serving

**Nutrition Information per serving:**
- 250 calories, 3g fat, 6g protein
- 49g carbohydrates, 90mg sodium