Breakfast Banana Split

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