

# 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*