

## Breakfast Banana Split

5 minutes | 1 serving

### Ingredients:

- 1 banana, peeled, split in 1/2 lengthwise
- Low-fat vanilla yogurt
- Optional toppings
  - Fresh fruit
  - Dried fruit
  - Granola
  - Honey
  - Nuts
  - Sprinkles
  - Chocolate chips



### Directions:

1. Arrange banana halves in a serving bowl.
2. Spoon yogurt over the bananas.
3. Top with preferred optional ingredients. Serve.