

Berry Good Banana Split

Ingredients

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup fresh blueberries or other fresh berries

Preparation

1. Cut the banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and berries. Serve.

Makes 1 serving.

Preparation time: 5 minutes

Helpful Hint: Fresh berries taste great and cost less when they are in season. You can also thaw some frozen berries for this recipe.

