



GEORGINA



RECREATION AT HOME

Breakfast Banana Split

A healthy spin on a classic after dinner dessert. This recipe is quick to whip up and can be eaten as a snack, dessert or breakfast. Try our ingredients or mix it up with your favourite toppings or whatever you have in the pantry.

Materials Needed:

- 1 Banana
- 1 cup of yogurt (vanilla or strawberry works best)
- 1 Tbsp Chocolate chips
- 1/2 cup of berries
- 1/2 cup of granola
- 1 Tbsp Nut/seed butter

Instructions:

1. Gather all of your ingredients
2. Cut the banana in half lengthwise and put it on a plate
3. Add the yogurt and top with all of the other delicious ingredients
4. Enjoy!

