



✂ Nachtisch ⏱ 5 min ☆ 3/5

Breakfast Banana Split

Liven up your morning with this refreshing and healthy version of a banana split. Top with your favourite berries to change things up.

1

Peel and slice the bananas in half lengthways and place on a plate.

2

Divide the Greek yoghurt between both bananas and top with blueberries.

3

Put a tablespoon of each of the remaining ingredients on top of each and serve immediately.

INGREDIENTS FOR 2 PERSONS

- 2 ripe Chiquita bananas
- 6 tbsp Greek yoghurt
- 50g blueberries
- 2 tbsp coconut flakes
- 2 tbsp mixed seeds
- 2 tbsp chopped nuts
- 2 tbsp honey

NUTRITIONAL VALUES PER PERSON

- 358 kcal Calories
- 14.4g Fat
- 5.2g Saturates
- 57.5g Carbohydrate
- 40.6g Sugars
- 5.2g Fibre
- 7.1g Protein
- 0.1g Salt