

Yogurt Banana Split



Yield: 1 yogurt banana split

Preparation time: 10 minutes

Cook time: Not Applicable

Equipment:

- ❖ Cutting Board
- ❖ Knife (does not need to be sharp)
- ❖ Bowl or plate
- ❖ Various small bowls for berries and seeds
- ❖ Various spoons
- ❖ Measuring cups
- ❖ Measuring spoons

Ingredients:

- ❖ ½ banana
- ❖ ½ cup (125 mL) plain Greek yogurt
- ❖ ½ cup (125 mL) fresh or frozen berries (blueberries, raspberries, strawberries)
- ❖ 2 Tbsp (30 mL) varied seed toppings (pumpkin seeds, sunflower seeds, flax seeds, chia seeds, poppy seeds, sesame seeds, hemp seeds)
- ❖ 1 tsp (5mL) Maple syrup or honey

Directions:

- ① Slice banana in half length-wise and place in a bowl or plate.
- ② Top with yogurt.
- ③ Sprinkle with berries and seeds.
- ④ Drizzle with maple syrup or honey.