Breakfast Banana Split

Makes one serving. The serving has 350 calories, 13 g fat, 16 g protein, 46 g carbohydrate, 5 g fiber and 150 mg sodium.

Prep time: 5 minutes

INGREDIENTS:
1 banana
1 Tbsp. peanut butter
1/2 c. low-fat vanilla yogurt
1/2 c. fruit of choice
2 Tbsp. granola

DIRECTIONS:

Peal banana.
Cut banana in half and slice lengthwise.
Spread peanut butter on each slice. Place in bowl.
Top with yogurt.
Add fruit of choice.
Sprinkle with granola.