



Banana Split Bites



Entire recipe: 182 calories, 3g total fat (0.5g sat. fat), 37mg sodium, 34.5g carbs, 3.5g fiber, 20.5g sugars, 7.5g protein

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Prep: 5 minutes

Freeze: 1 hour



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Ingredients

1 medium banana, sliced into 16 coins
2 oz. (about 1/4 cup) fat-free strawberry Greek yogurt (like [the kind by Chobani](#))
2 tsp. finely chopped peanuts

Directions

Lay banana coins on a large plate or platter. Evenly top with yogurt, followed by peanuts.

Freeze until yogurt is firm, about 1 hour. Eat up!

MAKES 1 SERVING

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