



Breakfast Banana Split



Entire recipe: 242 calories, 5g total fat (1.5g sat. fat), 263mg sodium, 41.5g carbs, 6g fiber, 23g sugars, 11.5 protein

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Prep: 5 minutes



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Ingredients

1 medium banana
1/3 cup low-fat cottage cheese
1/4 cup raspberries
1 tbsp. granola
1/8 oz. (about 1/2 tbsp.) sliced almonds
1/2 tsp. honey

Directions

Slice banana in half lengthwise. Place on a plate.

Top with remaining ingredients.

MAKES 1 SERVING

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