

Breakfast Banana Split

A healthy breakfast that feels like a treat! Bananas, frozen yogurt, fresh fruit and homemade granola.

Course Breakfast

Cuisine American

Prep Time 5 minutes

Servings [1](#)

Calories 626 kcal



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Ingredients

- 1 banana
- ½ cup strawberry greek yogurt
- ¼ cup blackberries
- ¼ cup raspberries
- ½ cup granola
- mini chocolate chips for garnish

Instructions

Prepare yogurt:

1. Place container of yogurt in the freezer until firm, not frozen solid, just scoop-able.
2. Scoop out two scoops of yogurt and place each scoop in a separate paper muffin liner.
3. Put back in the freezer until ready to use.
4. Split banana in half.
5. Add 2 scoops of frozen yogurt
6. Add berries, granola and chocolate chips.
7. Serve immediately.

Apple & Cheddar & Ham Rolls: Lunch/Snack Idea



Ingredients:

- 1 Granny Smith apple
- 3 slices of low sodium ham, no added hormone
- Cheddar cheese
- Toothpicks

Directions:

1. Cut the apple into thin slices (less than $\frac{1}{4}$ inch). Cut the cheddar into thin slices also. Cut ham slices in $\frac{1}{2}$.
2. Place an apple slice on top of the cheddar and wrap ham slice around it.
3. Hold in place with a toothpick and snack is ready! That simple, enjoy!