

WHAT'S IN SEASON



KIWI GRANOLA BREAKFAST BANANA SPLIT

INGREDIENTS:

- ¼ cup almond butter
- 1 tablespoon cacao powder
- 5 tablespoons water
- 2 tablespoons pure maple syrup, divided
- ¼ cup heavy cream
- 4 ripe bananas, peeled and halved lengthwise
- 2 cups vanilla low-fat Greek yogurt
- ½ cup diced kiwi
- 4 tablespoons granola

DIRECTIONS:

- Whisk almond butter, cacao powder, water and 1 tablespoon maple syrup in a small bowl until smooth.
- Whisk cream and the remaining 1 tablespoon maple syrup in a small bowl until soft peaks form.
- Arrange 2 banana halves on each of 4 plates. Scoop Greek yogurt on top of the bananas. Drizzle the almond sauce over the yogurt. Top with the kiwi, granola, and whipped cream.

*Need Gluten Free? Use gluten-free granola

NUTRITIONAL FACTS

4 SERVINGS (1 banana with toppings)
Calories: 440
Protein: 26 grams
Carbohydrates: 50 grams
Fat: 15 grams

CALORIE CONSIDERATIONS:

- To INCREASE calories: Double the amount of almond sauce drizzled on top (+105 calories per serving).
- To DECREASE calories: Omit the whipped cream topping (heavy cream & maple syrup) (-150 calories per serving).