

Banana Split



Serves 4 | Serving Size: 1 cup
Total Time: 5 min | Prep: 5 min | Cook: 0 min

This banana split features bananas and a scoop of Greek yogurt. It is topped with berries and shaved dark chocolate.

Ingredients:

4 bananas
2 cups plain 0% fat Greek yogurt
2 tablespoons light chocolate syrup
1 cup fresh berries
small amount of shaved dark chocolate

Directions:

Peel the bananas and split them in half lengthwise. Place each banana on a plate with its two halves crossing. Place two small scoops of yogurt next to the banana. Drizzle with chocolate sauce. Garnish with berries and chocolate shavings.

Chef's Tips:

Optional: drizzle caramel sauce on the plate for more color. You can also add whipped cream and chopped nuts.

A regular banana split from an ice cream store has about 500 to 1000 calories.