

DESSERT / HIGH PROTEIN



Banana Crunch Greek Yogurt Bowl

Creamy nonfat Greek yogurt topped with banana, honey, nuts, and cacao nibs for a sweet, crunchy bowl.

3 min

1 serving

Dessert

high-protein

quick

sweet

502

Calories / serving

38g

Protein / serving

61g

Carbs / serving

13g

Fat / serving



Ingredients

- 1½ cups plain non fat greek yogurt (360 g)
- 1 medium banana (118 g)
- 1½ tbsp peanuts, chopped (12.75 g)
- 1 tbsp honey (21 g)
- 1½ tbsp slivered almonds (11.25 g)
- 3 tsp cacao nibs (9.6 g)

Method

- 1 In a bowl, add the yogurt, then top with the sliced banana, chopped peanuts, honey, slivered almonds, and cacao nibs.

RENEE'S NOTE

"Slice the banana right before serving so it stays fresh-looking and the toppings keep their texture."

RENEE'S TWEAK

For a cleaner finish, drizzle the honey in a thin spiral over the banana, then scatter the nuts and cacao nibs last.