

# Peanut Butter Banana Yogurt Bowl

Serving Size: 1 Bowl | Servings per Recipe: 1 | Heart Healthy



## INGREDIENTS

- 6 oz plain low-fat yogurt
- ½ cup corn flakes
- 1 small banana (or any fruit you have)
- 1 tablespoon peanut butter

## DIRECTIONS

- Add yogurt and cereal to a bowl.
- Slice banana and place on top.
- Drizzle peanut butter over everything.
- Optional: Add a sprinkle of granola or seeds for extra crunch and fiber.



Calories per serving: 424 | 15 g total fat | 7 g total carbohydrates | 180 mg sodium | 27 g protein