

Banana Split

 1 serving 158 Kcal / serving

 Everyday Snack


Ingredients

- 1 - **Small banana**
- 25g - **Natural yoghurt**
- 25g - **Raspberries**
- 1 teaspoon (3g) - **Sunflower seeds**



The Method

Peel the banana and put on a plate, then cut in half lengthways. Spoon over the yoghurt and then scatter over the raspberries and sunflower seeds to serve.

 Suitable for vegetarians