

Brandon Crossroads 2080 Badlands Drive Brandon, FL 33511

Oat & Banana Nut Bowl Serves 2

This bowl features a blend of bananas, oats, and Greek yogurt -- a tangy and filling base. The toppings add a bit of crunchiness, saltiness, sweetness, and healthy nutrients to the experience. Fun Fact: did you know cocoa nibs are actually good for you? It's true - one ounce has 9 grams of fiber- what a delicious reason to eat them for breakfast!

Ingredients:

2 ripe bananas, peeled 1/2 cup rolled oats 2 cups plain Greek yogurt 1/2 teaspoon vanilla

Top with:

1 cup granola - (about 1/2 cup per serving)

1 ripe banana, peeled and thinly sliced - (1/2 banana per serving)

2 tablespoons cocoa nibs - (1 T per serving)

2 tablespoons sliced almonds - (1 T per serving)

1 tablespoon pumpkin seeds

Directions:

- 1. In a powerful blender, combine the bananas, oats, yogurt and vanilla and blend on high until smooth.
- 2. Pour the banana and oat mixture into bowls and top with granola, banana slices, cocoa nibs, almonds, and pumpkin seeds.