

Banana Nut Jam Bowl

This delightful bowl combines crunchy nuts, sweet bananas, and a swirl of your favorite jam for a quick and nutritious treat. Perfect for breakfast or a snack, it's both satisfying and easy to make.


5 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 1 ripe banana
- 1/4 cup mixed nuts (almonds, walnuts, cashews)
- 2 tablespoons of your favorite jam (strawberry, raspberry, or apricot)
- 1 teaspoon honey (optional)
- A sprinkle of cinnamon (optional)

Steps

- 1 Peel the banana and slice it into rounds.
- 2 In a bowl, add the mixed nuts.
- 3 Place the banana slices on top of the nuts.
- 4 Drizzle the jam over the banana and nuts.
- 5 If desired, drizzle honey and sprinkle cinnamon on top for added flavor.
- 6 Serve immediately and enjoy your healthy snack!