

Banana Yogurt Parfait

A refreshing and healthy parfait made with creamy yogurt and sweet bananas, perfect for a quick breakfast or snack.



Main Dish

5 min

Total time

Easy

Difficulty

200

kcal / serving

Ingredients

- 1 ripe banana
- 1/2 cup yogurt
- Granola (optional topping)
- Honey or maple syrup (optional)

Steps

- 1 Slice the banana into small rounds.
- 2 In a glass or bowl, layer yogurt, banana slices, and granola if desired.
- 3 Repeat the layers until all ingredients are used.
- 4 Drizzle with honey or maple syrup for extra sweetness.
- 5 Enjoy your delicious banana yogurt parfait!