



Peanut Butter Banana Breakfast Parfait

Ingredients

¼ cup vanilla Greek yogurt
½ cup plain Greek yogurt
½ cup granola
1-2 Tbsp Bran Buds (with psyllium)
1 small banana or ½ large Banana
1 tbsp peanut butter
cinnamon

Equipment:

Small bowl or small cup
Serving bowl or tall glass
Measuring cups (dry)
Measuring spoons
Serving spoon
Knife

Directions

1. In a small bowl or cup, combine vanilla and plain Greek yogurts. Stir well.
2. In a serving bowl or tall glass, create layers with yogurt, granola, Bran Buds, banana, and peanut butter as follows: estimate just under ½ cup of the yogurt mixture, followed by ¼ cup granola, 1/2 tbsp – 1 tbsp Bran Buds, ½ small banana, and ½ tbsp peanut butter, and repeat.
3. Sprinkle with cinnamon.