

# What's Cooking?

## Recipe



### **Kefir Banana Split**

Recipe and photo courtesy of Chef Zoe Muller

An old time favorite dessert that will leave you free of guilt!

Makes 1 serving

1 banana  
½ cup kefir, vanilla flavor or plain, unsweetened  
½ scoop protein powder, chocolate flavor  
1 strawberry, sliced  
¼ cup raspberries  
¼ cup blueberries  
1 tablespoon almonds, sliced  
1 tbsp. dark chocolate chips (optional)  
Fresh mint for garnish

Preparation:

In a medium or small bowl, mix the kefir and protein powder until well incorporated, and place on a plate. Slice banana in half, lengthwise, and place on top of the chocolate kefir mixture. Top banana with strawberries, blueberries, raspberries, almonds, and chocolate chips.

Nutrition information per serving: Calories 380 | Fat 11 g | Saturated Fat 4 g | Cholesterol 35 mg | Sodium 181 mg | Carbohydrate 59 g | Dietary Fiber 9 g | Sugars 40 g | Protein 20 g