

BANANA BOATS

SERVES: 4 (1 boat each) **Prep Time:** 20 min. + 30 min. to cool **Cooking Time:** 40 min.

CONTAINER EQUIVALENTS (per serving):  1½  ½  1  ½  ½  ½

¾ cup dry old-fashioned rolled oats
2 Tbsp. unsweetened dried cranberries
20 raw pecan halves, chopped
2 Tbsp. raw pumpkin seeds
2 Tbsp. unsweetened shredded coconut
1 Tbsp. + 1½ tsp. pure maple syrup
2 tsp. ghee, melted (organic grass-fed, if possible)
¼ tsp. pure vanilla extract
1 dash sea salt (or Himalayan salt)
1 dash ground cinnamon
1 pinch ground nutmeg
2 large bananas, cut in half lengthwise, then cut in half
1½ cups reduced-fat (2%) plain Greek yogurt
2 cups fresh (or frozen) berries
1 Tbsp. + 1 tsp. raw honey*

1. Preheat oven to 300° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Combine oats, cranberries, pecans, pumpkin seeds, coconut, maple syrup, ghee, extract, salt, cinnamon, and nutmeg in a medium mixing bowl; mix well.
4. Spread oat mixture evenly on prepared pan. Bake for 35 to 40 minutes, stirring occasionally, until dry and lightly toasted. Set aside to cool.
5. Lay two banana pieces on each of four plates to form banana splits.
6. Between each pair of banana pieces layer 6 Tbsp. yogurt, approximately ⅓ cup granola, ½ cup berries, and drizzle with 1 tsp. honey.
7. Serve immediately.

RECIPE NOTE:


Pure maple syrup can be substituted for honey.

SPECIAL EQUIPMENT:

Parchment paper

NUTRITIONAL INFORMATION (per serving): **Calories:** 378 **Total Fat:** 14 g **Saturated Fat:** 5 g **Cholesterol:** 10 mg **Sodium:** 104 mg **Carbohydrates:** 53 g **Fiber:** 6 g **Sugars:** 31 g **Protein:** 14 g

*Do not feed honey to children younger than one year.

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.