

Banana Split Oatmeal Parfait



Ingredients

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 banana, peeled and sliced in half horizontally
- 1/3 cup nonfat Greek yogurt
- 1/4 cup blueberries
- 1/4 cup strawberries, diced
- 1 tbsp almonds
- 1 tsp seeds (chia or flax)
- 1 tbsp honey, agave, or maple syrup

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	5 min	10 min	1

Made with



How to make it

1. Prepare oatmeal as usual and place in a sundae or parfait bowl.
2. Place both banana segments on either side of the bowl.
3. Spoon Greek yogurt in the center.
4. Top with strawberries, blueberries, and almonds.
5. Add chia and flax seeds as “sprinkles” and drizzle with your choice of honey, agave, or maple syrup.

Quaker® Oats-Old Fashioned