



Post Cardio Protein Banana Split

Ingredients

- 1 medium banana
- 3/4 cup non-fat Greek yogurt
- 1/2 scoop Dymatize ISO protein
- 1 strawberry, chopped
- 1/4 cup blueberries
- 1 large tbsp granola
- 1 tbsp dark chocolate chips

Directions

1. Slice banana in half lengthwise and lay both sides in a bowl or on a plate.
2. Mix together protein and Greek yogurt and spoon on top of the banana slices.
3. Top bananas and protein mixture with berries, granola, and chocolate chips.



Nutrition Facts

Calories: 383

Fat: 7 g

Carbs: 53 g

Protein: 32 g