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### **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.