



✂ Breakfast ⌚ 8 min

Maple-grilled Chiquita bananas with yogurt and pecans

A breakfast perfect for any sweet tooth! Maple syrup offers a healthy alternative to sugar and gives the same golden effect.

1

Preheat the grill to high. Slice the Chiquita banana in half lengthways and place on a baking tray.

2

Sprinkle the Chiquita bananas evenly with the cinnamon and brush with the maple syrup. Place under a hot grill for 5 minutes or until bubbling.

3

Serve with yogurt and sprinkled with toasted pecans. TIP: Mix it up by adding granola or a mixture of nuts.

INGREDIENTS FOR 2 PERSONS

1 Chiquita banana
2/2 tsp ground cinnamon
2 tsp maple syrup
3 tbsp greek yogurt
1 tbsp pecans

NUTRITIONAL VALUES PER PERSON

229 kcal Calories
6.2g Fat
1.1g Saturates
39.6g Carbohydrate
25.4g Sugars
4.4g Fibre
5.5g Protein
0.04g Salt