

Make Ahead Yogurt Parfaits: Prep Time 5 minutes; Yields 8 jars

Ingredients:

- 1 32oz container whole milk plain yogurt, or Greek yogurt
- 3 Tbsp. honey
- 1 lb. fresh or frozen berries
- 1 ½ -2 cups granola

Instructions:

1. Add honey to the container of yogurt. Stir well.
2. In a mason jar, layer yogurt and berries. Secure with lid and store in the refrigerator for several days.
3. Sprinkle top with granola of your choice just before eating.

Breakfast Banana Pops: Prep Time 5 minutes; Yields 4 banana pops

Ingredients:

- 2 bananas
- yogurt, nut butter, or melted chocolate
- toppings of choice (see below for many flavor ideas)
- popsicle sticks or spoons
- tray lined with parchment or wax paper Instructions

Instructions:

1. Peel bananas and cut in half
2. Insert popsicle sticks or the thin side of a spoon.
3. Dip in yogurt, softened nut butter, or melted chocolate chips.
4. Roll in desired toppings or stick larger toppings on by hand.
5. Place on a tray lined with parchment or wax paper and freeze.

Breakfast Banana Flavors

Chocolate Peanut Butter Cup: Dip frozen bananas in melted chocolate, then dip each banana halfway down in gently warmed up peanut butter.

Cinnamon Roll Bananas: Mix three parts sweetener to one part cinnamon. Roll the bananas in the cinnamon sugar mixture before freezing.

Almond Butter Granola: Warm up almond butter on the stovetop or in the microwave. Dip or spread on the bananas, then roll in your favorite cereal.

Strawberries and Cream: Dip bananas in plain or vanilla yogurt. Then dip in freeze-dried strawberry powder. Freeze. Kids love this variation because of the fun pink color.

Or try any of these other toppings: crushed walnuts or pecans, shredded coconut, Cheerios, rainbow sprinkles, chopped peanuts or almonds or pistachios, crushed Oreos, rolled oats, chia seeds or hemp seeds, or anything else you can imagine!