



Banana Split Oatmeal Parfait



SERVINGS



COOKING TIME

1

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We turned a classic ice cream sundae into a delicious parfait. Packed with fresh fruits, almonds, and Greek yogurt, Banana Split Oatmeal Parfait is a fun recipe to treat the family to.

Ingredients

- 1/2 Cup(s) [Quaker® Oats-Old Fashioned](#)
- 1/2 banana, peeled and sliced in half horizontally
- 1/3 Cup(s) nonfat Greek yogurt
- 1/4 Cup(s) blueberries
- 1/4 Cup(s) strawberries, diced
- 1 Tablespoon(s) almonds
- 1 Teaspoon(s) seeds (chia or flax)
- 1 Tablespoon(s) honey, agave, or maple syrup

Cooking Instructions

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.