

A decorative branch of eucalyptus with several green, rounded leaves and a small yellow flower bud, positioned in the upper left corner of the page.

Breakfast Banana Split

PREP TIME: 10 MIN

TOTAL TIME: 15 MIN

YIELDS: 1 SERVING

Ingredients

2 pitted dates

1/2 cups raw cashews

1/2 - 3/4 cups water

3 scoops left over oatmeal

Salt to taste

Fruit toppings (optional)

Directions

1. Warm left over oatmeal with a little added water in a saucepan.
2. Use a long narrow dish (similar to what a banana split would be placed in) and cut a banana the long way.
3. Lay the banana open in the dish and using an ice cream scoop, add three scoops of oatmeal in the center (like you would with ice cream in a regular banana split).
4. Blend the cashews, dates, water or plant based milk, and a pinch of salt for taste.
5. Drizzle the cashew date sauce on top of the meal.
6. Add fruit toppings as desired and serve.

Notes

- You may also used a plant based milk instead of water.

