



## Banana Split Bites



Entire recipe: 182 calories, 3g total fat (0.5g sat fat), 37mg sodium, 34.5g carbs, 3.5g fiber, 20.5g sugars, 7.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 5 minutes

**Freeze:** 1 hour



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

## Ingredients

- 1 medium banana, sliced into 16 coins
- 2 oz. (about 1/4 cup) fat-free strawberry Greek yogurt (like [the kind by Chobani](#))
- 2 tsp. finely chopped peanuts

## Directions

Lay banana coins on a large plate or platter. Evenly top with yogurt, followed by peanuts.

Freeze until yogurt is firm, about 1 hour. Eat up!

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.