



Breakfast Banana Split

PREP TIME: 10 MIN

TOTAL TIME: 15 MIN

YIELDS: 1 SERVING

Ingredients

2 pitted dates

1/2 cup raw cashews

1/2 - 3/4 cup water

3 scoops leftover 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 lengthwise.
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.

