

Pre-Workout Banana Split



This simple and delicious snack is ideal **about 2 hours before a workout***! It combines carbohydrates to provide energy, as well as a light touch of protein to support you until your session. **Ready in less than 5 minutes with ingredients you already have on hand, it is easily customizable according to your desires.**

A gourmet and nutritious way to make you want to put on your sneakers more often! For more inspiration, check out [our 20 pre-workout snack ideas](#).

Preparation 5 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 310
Fat 3
Carbohydrates 55
Fibre 3
Protein 16
Sodium 60

Ingredients

- 1 banana, cut in half lengthwise

- 125 ml (½ cup) plain Greek yogurt
- 45 ml (3 tbsp) homemade or store-bought granola (or crunchy cereal/oat flakes)
- 15 ml (1 tbsp) jam of your choice
- 15 ml (1 tbsp) dark chocolate chips, optional

Preparation

1. Arrange the two banana halves side by side on a plate or elongated bowl.
2. Place the yogurt in the center of the banana halves to form the base of the banana split.
3. Add the jam, spreading it gently over the yogurt.
4. Sprinkle with granola (or cereal) and chocolate chips.
5. Serve immediately.

Notes

Best consumed immediately.

*Working out within the hour? Simply omit the yogurt and opt for simple carbohydrates, which are generally easier to digest right before exercise.



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