



✂ Breakfast ⏱ 5 min ☆ 3/5

Banana and Coconut Breakfast Pudding

You can have pudding for breakfast with no guilty conscience thanks to this healthy recipe hack.

1

For the pudding layer, mash the banana until smooth and mix with the coconut flour to form a soft dough. Push half of this dough into a jar or glass.

2

Top with two tablespoons of coconut yoghurt and half a chopped banana, and repeat the process with the pudding layer and banana layer in a second jar or glass.

3

Sprinkle with the chopped pecans and coconut flakes and serve.

INGREDIENTS FOR 2 PERSONS

- 1 ripe Chiquita banana
- 4 tbsp coconut flour
- 4 tbsp coconut Greek style yoghurt
- 1 chiquita Banana, chopped
- 1 tbsp chopped pecans
- 1 tbsp coconut flakes

NUTRITIONAL VALUES PER PERSON

- 280 kcal Calories
- 10.7g Fat
- 7.1g Saturates
- 42.8g Carbohydrate
- 19.2g Sugars
- 10.1g Fibre
- 7.5g Protein
- 0.1g Salt