Banana Nut Yoghurt

Ingredients:

2 cups plain yoghurt (Greek or regular)

1 ripe banana

0.25 cup chopped nuts (walnuts, almonds, pecans)

1 tablespoon honey (optional)

0.5 teaspoon vanilla extract (optional)

1. Mash the ripe banana until smooth
2. In a bowl mix the yoghurt with mashed banana, honey and vanilla extract
3. Stir in the chopped nuts
4. Serve with your favourite biting