

Melon Berry Banana Split

From the Seattle & King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Desserts/BananaSplit.aspx>

Ingredients

- 2 large bananas
- 8 “scoops” watermelon, cantaloupe, and/or honeydew
- 1 cup berries of choice
- ½ cup low fat vanilla yogurt
- ¼ cup granola

Instructions

1. Peel bananas and cut in half crosswise, then lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish.
2. To make melon “scoops,” use an ice cream scoop to create balls of melon. Place 2 “scoops” in each dish.
3. Fill the rest of dishes equally with berries.
4. Stir yogurt until smooth, and spoon over “scoops.”
5. Sprinkle with granola and serve.

Makes 4 servings

Nutrition information per serving:

Calories	151
Carbohydrate	31 g
Dietary Fiber	3 g
Protein	3 g
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	24 mg

