



Watermelon Blueberry Banana Split

Ingredients:

A healthy banana split for the 4th of July or anytime! Seedless watermelon makes preparation easy.

2 large bananas
8 scoops* of watermelon
1 pint fresh blueberries, strawberries, or raspberries
1/2 cup vanilla low-fat yogurt
1/4 cup crunchy cereal nuggets

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Peel bananas and cut in half crosswise. Cut each piece in half lengthwise. For each serving, lay 2 banana pieces against sides of shallow dish.
3. Place watermelon "scoop" at each end of dish.
4. Fill center space with berries.
5. Stir yogurt until smooth. Spoon over watermelon "scoops".
6. Sprinkle with cereal nuggets.

* Using ice cream scoop, scoop balls of watermelon. Remove seeds if needed.

Nutrition Facts (Per Serving)

Calories, 120; Carbohydrate, 29 g; Protein, 2 g; Total Fat, 1 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 1 mg; Fiber, 4 g; Total Sugars, 17 g; Sodium, 33 mg; Calcium, 42 mg; Folate, 68 mcg; Iron, 1 mg; Percent Calories from Fat, 8%.

Makes 4 servings.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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