

Fruit Banana Split

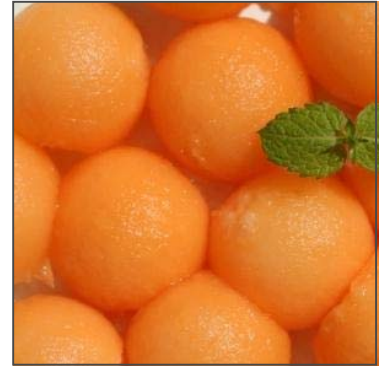
This cool fruity banana split makes for a quick, easy and healthy breakfast. It's a great side dish or snack for anytime of the day.

Recipe Type: Breakfast, Dessert, Fruits, Snack, Vegetarian

Degree of Difficulty: Very easy

Ingredients

1 large bananas
4 Cantaloupe balls
½ pint raspberries
¼ cup Granola, low fat
½ cup yogurt, plain non fat
½ tsp vanilla extract



Directions

- 1 Peel bananas and cut in half cross wise; cut each piece in half lengthwise.
- 2 For each serving, lay 2 pieces of banana against sides of a shallow dish.
- 3 Place cantaloupe "scoops" at each end of dish.
- 4 Fill center space with raspberries.
- 5 Stir yogurt until smooth; spoon over cantaloupe "scoops".
- 6 Sprinkle with granola cereal.

Cooking Times

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 284 calories, 2.8g total fat, 1g saturated fat, 3.7mg cholesterol, 115.5mg sodium, 61.8g carbohydrates, 10.1g fiber, 37g sugar, 8.2g protein.

Servings: 2

Weight Watchers Points

Note: The fruit and yogurt nutrition information was not used when calculating the Freestyle Smart Points. All other points values do not include the fruit.

Orig. WW Pts: 2

Points Plus: 2

Smart Points: 3

FreeStyle Smart Points: 2

Tips

This recipe was inspired by the Watermelon-Blueberry Banana Split recipe. I altered this to use cantaloupes and raspberries instead. However, you can use your favorite fruits to make your own fruit banana split for a great, healthy snack anytime of the day.