



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Love the Sweet Rewards of Berries!

Staying in good health is still top of mind for most of us, but living healthy doesn't have to be hard. There are lots of good-for-you foods that can be simple to prepare and easy to include in a healthy eating plan. Berries offer the perfect balance of flavorful sweetness and protective nutrients. Strawberries, raspberries, and blueberries are all sweet treats by themselves. But they're also easy to include in a meal, snack or dessert to get the health benefits.

- **Breakfast** - Top your cereal or add into pancakes
- **Lunch/Snack** - Add to a salad or top a yogurt parfait
- **Dinner** - Mix into a salsa and top a piece of fish or chicken



Share a better-for-you version of "ice cream" with your sweetheart.

It's a great way to win your Valentine's heart... while protecting it!

Bananas and berries offer a variety of nutrients that help with blood pressure and protect the heart.

## Frozen Banana Cream with Fresh Berries

### Ingredients:

- 2 medium bananas
- 2 Tbsps. nonfat milk
- 1/8 tsp. ground nutmeg
- 2 Tbsps. chopped, unsalted dry roasted peanuts or sunflower seeds
- 3/4 cup fresh raspberries
- 1/2 cup fresh blueberries

### Directions:

- Line large rimmed baking pan with parchment paper. Peel and slice bananas; place on prepared pan and freeze 2 hours.
- In food processor, pulse frozen banana slices until they resemble coarse crumbs; process until smooth. Add milk and nutmeg; process until combined.
- Transfer banana mixture to medium bowl; stir in peanuts. Divide mixture into 4 bowls; evenly sprinkle with raspberries and blueberries. Makes about 2-1/2 cups.

