



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

Dietitian's Dish

Enjoy Splits as a NEW Summertime Treat!

Banana splits can be a seemingly harmless sweet treat since they include fruit. But they can have upwards to 1,000 calories and loads of fat and sugar from all the ice cream and sugary toppings. Let's focus on the beneficial ingredients and find some smart swaps that are still refreshing. A medium banana contains about 110 calories, no fat, some fiber, and lots of potassium (which is good for blood pressure). That's a keeper!

Now, choose some sweet and sensible toppings to create a treat that won't cause you the regret of a traditional banana split. Here are a few recipes that add some extra servings of fruit and gut-friendly yogurt!

Watermelon Banana Split

Ingredients:

- 1 watermelon, medium sized
- 2 bananas
- 1 cup fresh blueberries
- 1 cup diced fresh pineapple
- 1 cup sliced fresh strawberries
- 1/4 cup caramel fruit dip
- 1/4 cup honey roasted almonds



Just 220 calories
with 5 grams of fiber +
4 grams of protein!

Directions:

1. Peel bananas and cut in half lengthwise then cut each piece in half. Serves 4.
For each serving, lay 2 banana pieces against the sides of shallow dish.
2. Using an ice cream scooper, place three watermelon "scoops" in between each banana in each dish.
Remove seeds if necessary.
3. Top each watermelon "scoop" with a different fruit topping.
4. Drizzle caramel fruit dip over the entire sundae. Sprinkle with almonds.

Recipe and image courtesy of Watermelon.org.

Heart Healthy Banana Split

Ingredients:

- 1 small banana
- 1/2 cup low-fat vanilla yogurt
- 1/4 cup fresh blueberries or raspberries
- 1/4 cup strawberries
- 1 Tbsp. dark chocolate chips
- 2 tsp. peanuts or walnuts



Just 330 calories
with 8 grams
of protein!

Directions:

1. On a flat surface, slice the banana lengthwise. Arrange the sliced banana in a bowl.
Top with the yogurt and berries.
2. In a microwave-safe bowl, microwave the chocolate chips for 20 seconds on high.
Stir and microwave in 20-second intervals until melted.
3. Pour the melted chocolate over the yogurt and top with the peanuts.

Recipe and image courtesy of Healthcooks.com.