



A Healthy Twist To an Old Favorite!

Watermelon Banana Split

2 bananas
1 medium watermelon
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

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

Don't forget a 2-cup serving of watermelon has lots of vitamins A, B6 and C.

watermelon.org
National Watermelon Promotion Board



Slice