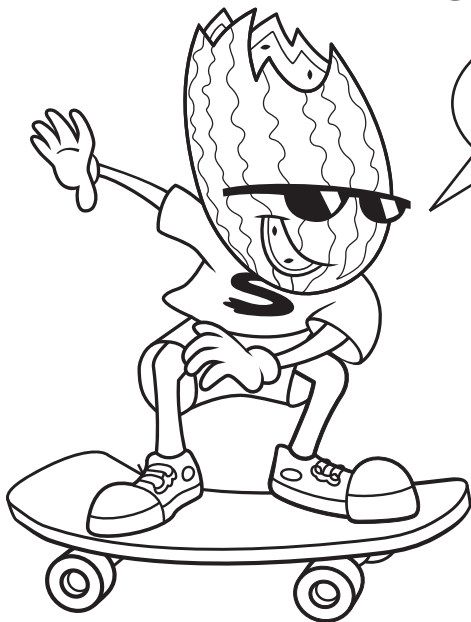


A Healthy Twist to an Old Favorite!



Don't forget to color the part that looks like ice cream red. It's really watermelon!

- 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

Watermelon Banana Split

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 3 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.

A 2-cup serving of watermelon is fat free and 92% water.

