

March 2008

Cherry Berry Banana Split

1/2 banana

1/2 cup cherries (and/or raspberries, blueberries to make 1/2 cup of fruit)

- I use frozen berries, thawed

1/4 tsp. Stevia

2 tbsp. light whipped topping

1 tsp. toasted - thinly slivered almonds

Cut banana lengthwise and place on dessert plate (save other half of banana for another use). Mix berries and Stevia. Top banana with cherry berry blend. Heat in microwave on high for approximately 40 seconds until banana is hot. Top with whipped topping (refrigerated or frozen) and sprinkle with toasted almonds.

Calories: 126

Carbs: 27 g

Fat: 3 g

Protein: 2 g

