

# Go Bananas for Healthy Banana Split



# GO BANANAS FOR HEALTHY BANANA SPLIT

Prep Time: 15 minutes

Cook Time: None Required

Yields: 4 Servings

## INGREDIENTS

2	Bananas
1 cup	Fat-free whipped topping
½ cup	Fat-free plain Greek yogurt
1 pkg	Strawberries, diced
1 pkg	Blueberries
1 pkg	Raspberries
2 tbsps	Granola
2 tsp	Dark chocolate chips

## DIRECTIONS

1. In a small bowl, mix together Greek yogurt and the fat-free whipped topping.
2. Peel bananas and cut in half lengthwise. Place banana halves in a shallow bowl.
3. Add about ½ cup of the yogurt topping between the banana slices. Then top with the strawberries, blueberries, and raspberries.
4. Top with 1 tbsp. granola and 1 tsp. chocolate chips.
5. Serve and enjoy!

## CHEF'S CORNER

- We enjoy using the berry mix in our banana split because of its wonderful antioxidant benefits; however, feel free to have fun with it and use your favorite fresh fruits.
- Check out FLIPANY's Homemade Skillet Granola to sprinkle on top.



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FLIPANY's mission is to educate and empower youth and adults through nutrition and physical activity programs while influencing policy changes for healthier communities.