



# Tropical Treats



## Fruity Banana Split

Yield: 3 large servings

- 3 fresh small bananas, sliced in half lengthwise
- 3 tablespoons orange juice
- 6 scoops fresh watermelon, cantaloupe, or honeydew melon
- 3 tablespoons each of 4 different chopped fruits, such as:  
watermelon, cantaloupe, honeydew melon, peaches,  
blueberries, grapes, oranges or pineapple
- 3 tablespoons chopped salt-free nuts, such as pecans, walnuts,  
toasted almonds or peanuts
- 3 tablespoons fat-free whipped topping, if desired
- 3 maraschino cherries, or 3 fresh mint leaves, if desired

1. Wash your hands and work area.
2. Place 2 banana halves on each of 3 decorative dessert plates.
3. Drizzle 1/2 tablespoon orange juice over each banana half to prevent it from turning dark.
4. Using an ice cream scoop or similar spoon, place two scoops of melon between banana halves.
5. Sprinkle each serving with 4 tablespoons of a variety of fruit.
6. Sprinkle each serving with 1 tablespoon nuts.
7. Top with nonfat whipped cream and cherries or mint, if desired. Serve cold.
8. Cover and refrigerate leftovers within 2 hours.

The Kansas Food Assistance Program can help people of any age with low income buy nutritious foods for a better diet. To find out more, contact the Kansas SRS Service Center, 1-888-369-4777

**Nutrition Facts** for 1 serving (246g):  
Calories 210; Total Fat 6g; Cholesterol 0mg;  
Sodium 10mg; Total Carbohydrate 41g;  
Protein 2g; Dietary Fiber 4g; vit C 45%

Diabetic Exchanges: 3 fruit and 1 fat.

Original recipe from Produce for Better Health Foundation and the American Cancer Society, at [www.aboutproduce.com](http://www.aboutproduce.com)

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