

Banana Berry Split

Totals for one serving (makes 6):

Calories 55 Fat 0g Fiber 1g Carbs 8.5g

What you'll need:

3 Bananas chopped into ½ inch thick slices, placed in a baggie and frozen like ice cubes

¾ Cup Ocean Spray Cranberry Juice Drink (the 5 calorie per 8 oz kind)

1/8 Cup Splenda for baking

Berries of your choice for topping (Optional)

Food processor or blender

6 Single serving bowls

Let's get to cooking!

(NOTE: When increasing the recipe you will want to add ¼ cup more Cranberry Juice for each additional banana.)

1. Place your chopped, frozen bananas in your food processor.
2. Pour in the cranberry juice, add Splenda and blend until creamy. (You'll want to do a taste test here because it might not be sweet enough. My husband likes this dish sweeter than I do, so you need to be your own "Sweet Police" here.)
3. Add a few strawberries or raspberries and blend again.
4. Pour into bowls and top with a few more fresh strawberries or raspberries. This not only makes the dish more pleasing to the eye, but it's very tasty and packs more anti-oxidants in there.
5. This recipe makes 6 servings, so put one in the fridge for you and freeze the others.

(NOTE: When you eat this as a snack or dessert at another time, be sure to take it out of the freezer and put it in the fridge to thaw for an hour or two. This becomes rock hard when frozen and needs to soften up a bit before you try to eat it.)

Another incredible **Kitty's Lighter Weigh** recipe.