

# Food For Thought

TIPS ON TASTE NUTRITION & HEALTH



## New Twist On Flavorful Fruit Snacks

(NAPSA)—It's no surprise that most kids go bananas for after-school snacks. So why not use the fruit to create tasty, healthful snacks that have plenty of "a-peel" with youngsters?

It's always a good idea to have bananas on hand. Not only do they make an instant snack straight from the peel, they're good for you.

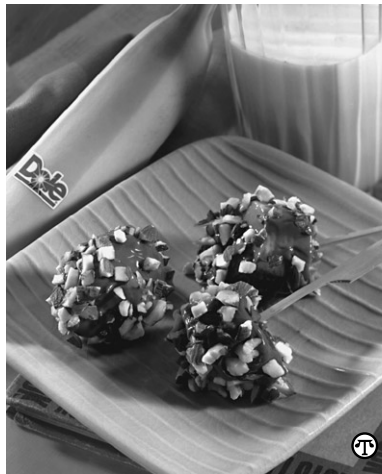
Here are some shopping and storage tips to help you make the best of bananas year round:

- Full-yellow peel bananas are ready for eating right now—straight from the peel or sliced into fruit salad, over cereal or on peanut butter and banana sandwiches.

- Bananas with a speckled peel are extra-ripe and are best for adding to baked goods, or for slicing into blender drinks, frozen or not. For example, you can whip up a delicious Pineberry Smoothie by mixing bananas, yogurt, pineapple juice and assorted fresh berries.

Here's another twist on the old favorite: chocolate-covered, frozen banana chunks with a choice of toppings (chopped butter brickle candy, toasted almonds or decorative sprinkles). With just a few everyday ingredients, parents—or the kids themselves—can make up a batch of Balboa Banana Treats at a moment's notice.

Encourage your family to think of bananas as the ultimate, nutritious "fast food."



**Balboa Banana Treats can be a tasty way to get your "5 A Day" of fruits and vegetables.**

### Balboa Banana Treats

*Prep Time: 15 minutes*

*Freeze Time: 30 minutes*

*Makes: 4 servings*

**1 cup hot fudge topping**

**4 green-tipped DOLE®**

**Bananas**

**Chopped toasted almonds (for topping)**

**Chopped butter brickle candy (for topping)**

**Decorative sprinkles (for topping)**

- **Place hot fudge topping in 9-inch glass pie plate. Microwave on High for 45 seconds or until thin consistency.**

- **Cut each banana into 4 pieces. Place banana pieces in warm sauce. Using two forks, turn to coat with chocolate.**

- **Roll in topping of choice. Place banana on wax paper on small plate. Repeat process, coating all bananas.**

- **Freeze bananas for 30 minutes. Defrost slightly and serve on toothpicks.**

*Nutrition Information (per serving): 141 calories, 2g fat (1g sat. fat), 0mg cholesterol, 40mg sodium, 33g carbohydrate, 2g protein.*

### Pineberry Smoothie

*Prep Time: 5 minutes*

*Makes: 2 servings*

**1 medium, ripe DOLE Banana, quartered**

**1 cup DOLE Pineapple Juice**

**½ cup vanilla or plain lowfat yogurt**

**½ cup fresh or frozen strawberries, raspberries or blueberries**

- **Combine banana, juice, yogurt and strawberries in blender or food processor container. Cover; blend until thick and smooth.**

*Nutrition Information (per serving): 174 calories, 0g fat (0g sat. fat), 0mg cholesterol, 37mg sodium, 41g carbohydrate, 4g protein.*

For more recipes, visit the Web site at [www.dole.com/health/recipes](http://www.dole.com/health/recipes).