

Brownie Banana Split

Hands-on - 30 min.

Serves 24

This recipe utilizes the convenience of a brownie mix, and adds nutrition via flax seed and fresh fruit! This simple dessert ends up with nutritional value to go along with the sugar. Its heavenly appearance makes it a favorite for entertaining.

**Preheat oven according to package directions.
Coat a 9" x 13" baking dish well with cooking spray.**

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| 1 pkg 1/3 cup | low-fat brownie mix ground flax seed or toasted wheat-germ (opt) | Pour brownie mix in a large bowl. Add water as listed on package. Add flax seed, if desired. Mix well. Pour batter into prepared pan and bake as directed. When finished baking, invert entire brownie cake onto a serving platter. Let cake cool.* |
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| 4 oz 1/2 cup | light cream cheese powdered sugar | Mix together in a medium bowl. Warm in microwave 30 seconds. Drizzle over the cooled brownie cake. |
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| 1 can | (8 oz) pineapple tidbits, in its own juice | Just before serving: Drain pineapple well, reserving juice for another use. Sprinkle pineapple on top of cream cheese frosting. |
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| 2 12 to 15 | fresh bananas, peeled fresh strawberries, hulled | Slice, then place on top of pineapple. |
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| 1/4 cup | chocolate syrup (squeeze bottle kind) (opt) | Just before serving, drizzle 1/2 teaspoon of syrup over each brownie, if desired. Enjoy! |
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**If you have 12 or fewer guests, cut cake in 1/2 and only top 1/2 now. Do the other 1/2 another day, since the fresh appearance does not keep overnight.*

Nutrition information for 1 slice (with ground flax seed and chocolate syrup)

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| Calories | 135 | Fat | 3 g | Fiber | 1.5 g | Sodium | 101 mg | Total Carbohydrate | 27 g |
| Calories from Fat | 20% | Saturated Fat | 1 g | Cholesterol | 2 mg | Protein | 2 g | Sugars | 18 g |