



Heart Healthy Banana-Berry Mousse

Ingredients

Weights

Chiquita Banana Puree		16 oz
Plain Yogurt		12 oz
Lemon Juice		2 tbsp
Plain Gelatin	½ oz	
Water		½ c
Egg Whites		2
Cream of Tartar		1/8 tsp
Fresh Seasonal Berries		2 c

Method

Blend in a bowl Chiquita Banana Puree, plain yogurt and lemon juice. Combine gelatin and water in small sauce pan, then heat slowly till gelatin is dissolved. When dissolved, add to banana puree mixture. Now whip up egg whites with cream of tartar till they form soft peaks. Fold egg whites into banana mixture and place in refrigerator to set. Once chilled and set, scoop out into serving dish and top with seasonal berries.

