

# Mission Meltaway Weekly Newsletter

Some Fun Ideas to Help You Stay on Track

September 28, 2009



Fruits and Veggies benefit us  
in two big ways...  
They are 'bad' cholesterol free  
AND high in fiber

**The highest fiber  
fruits are:**

Dates 14g/cup  
Avocado 10g/cup  
Raspberries 8g/cup  
Kiwi 5g/cup  
Cranberries 4g/cup

**Cherries** help regulate your natural  
sleep cycle

**Apples** have 2 kinds of fiber,  
soluble and insoluble, combined  
they can help lower cholesterol

**Grapes** help combat heart  
problems and strengthen heart muscles



*Here is a fun and  
fruity dessert that is  
packed with 10.5  
grams of fiber!*

## Ingredients:

1 large banana  
1/4 cup Fiber One bran cereal  
3 Tbs Cool Whip Light  
2 Tbs Splenda No Cal sweetener (divided)  
1 Tbs fat free cream cheese (softened)  
1/8 tsp cinnamon  
Dash of salt

## This recipe makes 1 Serving and has:

202 calories  
1g fat  
303mg sodium  
52g carbs  
10.5g fiber  
18g sugar  
5g protein

## Sweetie-fry Bananas with Cream Cheese Frosting

### Directions:

Combine cream cheese, cool whip, half of the  
splenda, stir until smooth, put in fridge  
In a blender or food processor, combine Fiber One,  
cinnamon, salt, remaining Splenda and blend until it  
has a breadcrumb like consistency  
Cut banana in half widthwise and then lengthwise.  
Spray banana with non stick cooking spray, roll in  
the breadcrumb mixture  
Cook the banana in a pan sprayed with non-stick  
spray over medium heat for 3 minutes per side  
Serve with the cream cheese frosting