Celebrations often include foods we enjoy, but many of those foods are usually also high in sugar, fat, and calories. For celebrations be sure to offer some healthier alternatives that you can still enjoy alongside special treats. Here are some ideas for this Valentine's Day. Offer fruit cut into hearts with cookie cutters, or red fruits and vegetables such as watermelon, strawberries, raspberries, cherries, cherry tomatoes, red grapes, red bell peppers and dried cranberries. Serve with strawberry fruit dip or red pepper hummus. Strawberry banana smoothies, English muffin pizzas with heart-shaped ham or Canadian bacon, or heart-shaped cheese quesadillas with red bell pepper hearts also make good snacks! It's okay to indulge in a piece of candy here and there, but just remember to indulge in moderation. ☺

Try this heart-healthy spin on a banana split for a tasty treat this Valentine's Day!

Heart-Healthy Banana Split

Ingredients:

- One banana
- Vanilla or plain Greek yogurt
- Strawberries, cut into hearts
- Optional toppings: chocolate shavings, slivered almonds, or granola

Directions:

- Peel, then cut banana length-wise.
- In the center of the banana, add desired amount of yogurt and heart-shaped strawberries.
- Top with chocolate shavings, slivered almonds, or granola.