

Banana Frostie

Ingredients:

Banana, in frozen chunks
1 cup low fat milk

Optional: honey, brown sugar, or sugar substitute; dash of cinnamon, ¼ teaspoon vanilla

Directions:

Put the frozen banana chunks into a blender with milk. Blend on medium speed until smooth. Add sweetener and flavorings, as desired.

Makes 1 serving.

*Nutritional information based on recipe without any optional ingredients.

Nutrition Facts

Serving Size 1 drink (350g)
Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 130mg **5%**

Total Carbohydrate 36g **12%**

Dietary Fiber 3g **12%**

Sugars 24g

Protein 10g

Vitamin A 10% • **Vitamin C 15%**

Calcium 25% • **Iron 2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4