



Chocolate Bananarama Milk Mixer

Servings: 4

Prep and Cooking Time: 5 minutes

Ingredients:

- 4 cups fat-free milk
- 1 package (4 ounces) chocolate instant pudding & pie filling
- 1 medium banana, cut into chunks
- 5 to 6 ice cubes

Preparation:

Place ingredients in a blender. Cover and blend 1 minute or until smooth. Pour into glasses. Serve immediately.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	200
Total Fat:	.5g
Saturated Fat:	0g
Cholesterol:	5mg
Sodium:	460mg
Carbohydrates:	41g
Dietary Fiber:	2g
Protein:	9g (8g from dairy)
Calcium	30% Daily Value

Cost/recipe:

\$1.77

Cost/serving:

\$.44

**BANK
ON THE
BASICS**

www.dairymakesense.com

