



Frosty Orange Banana Sipper

Serves: 1

Prep Time: 5 minutes

Ingredients:

- 1 medium banana, peeled, chunked and frozen
- 3-ounces frozen orange juice concentrate
- 1 cup low-fat milk (set in freezer 30 minutes before using)
- 1 6-ounce container low-fat vanilla yogurt

Preparation:

Combine all ingredients in a blender; blend until smooth and creamy. Pour into glass and enjoy.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	260
Total Fat:	2.5g
Saturated Fat:	1.5g
Cholesterol:	10mg
Sodium:	115mg
Carbohydrates:	51g
Dietary Fiber:	1g
Protein:	10g
Calcium	30% Daily Value

Cost/recipe:

\$1.20

Cost/serving:

\$1.20

