



STRAWBERRY- BANANA NICE CREAM



INGREDIENTS

- 1 medium banana, partly frozen
- 1 c. frozen strawberries
- ½ c. plain reduced fat yogurt, partly frozen

PROCEDURE

Blend all ingredients in a food processor or blender until smooth and creamy. Freeze longer, if necessary.

NUTRITION FACTS

- Number of servings: 2
- Serving Size: ½ recipe
- Calories: 121
- Fat: 2g
- Carbohydrates: 22g
- Protein: 7g