

Banana Split Shake

Yields 2 - 1 cup servings

1 medium frozen banana (peel removed before freezing)
6 frozen strawberries
1 cup 1% milk or plain yogurt
2 T chocolate syrup



Process frozen banana and strawberries in a food processor until there are only small frozen pieces (make sure to hold the processor as large chunks of frozen food can make the appliance come to life!). Add milk and chocolate syrup and process until smooth.

Nutrition Facts: 170calories, 1.5 g fat (1 g saturated fat), 75 mg sodium, 3 g dietary fiber, 5 g protein. Good source of calcium, excellent source of vitamin C.

