

Ingredients:

1/4 cup 1% low fat or fat free milk
4 teaspoons sugar
1 teaspoon vanilla
2 medium bananas cut into quarters
2 cups plain low fat yogurt
1 medium banana, cut into slices, reserve for topping

Directions:

1. Wash hands with soap and warm water.
2. Mix milk, sugar, vanilla, and banana quarters in blender until smooth.
3. Pour mixture into a small bowl; fold in yogurt. Chill for 1 hour.
4. Spoon into small dishes. Put 2 banana slices on each dish just before serving.

Nutrition Facts (Per Serving)

calories, 116; carbohydrate, 24 g; protein, 4 g; total fat, 1 g; saturated fat, 1 g; trans fat, 0 g; cholesterol, 6 mg; fiber, 2 g; total sugars, 16 g; sodium, 47 mg; calcium, 144 mg; folate, 0 mcg; iron, 0 mg; percent calories from fat, 8%.

Source: Adapted from Eat Smart Play Hard Healthy Lifestyle Recipes

Makes 6 servings

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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