

*Beverages*

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# Banana Smoothie

<b>1 cup</b>	<b>plain nonfat yogurt</b>
<b>1</b>	<b>very ripe banana</b>
<b>1/4 cup</b>	<b>unsweetened apple juice</b>
<b>1/4 cup</b>	<b>fresh sliced strawberries</b>
<b>3</b>	<b>ice cubes</b>
<b>1 packet</b>	<b>Equal® brand sweetener</b>

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Whirl all ingredients in blender until smooth. Serves 2.

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<i>YIELD:</i>	<i>2 cups</i>
<i>SERVING SIZE:</i>	<i>1 cup</i>
<i>PER SERVING:</i>	<i>Calories-119</i>
	<i>Carbohydrate-21 g.</i>
	<i>Protein-4 g.</i>
	<i>Fat-2 g.</i>
	<i>Sodium-58 mg.</i>
<i>EXCHANGES:</i>	<i>1/2 skim milk, 1 fruit</i>