

Beverages

Banana Smoothie

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

• • • • • • •

Whirl all ingredients in blender until smooth. Serves 2.

• • • • • • •

<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>