



Orange Banana Frosty

Ingredients:

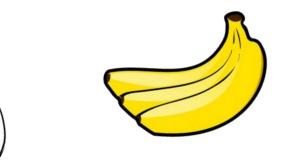
Equipment:

 each banana, sliced 1/2" thick and frozen
cup yogurt, skim milk
cup orange juice Measuring cup Cutting board Knife Blender

Number of Servings: 1 Preparation Time: 10 minutes Total time: 10 minutes

Directions

- Peel banana and cut into slices. Put in freezer to freeze.
- When ready to serve, put banana slices in blender, and add 1/2 cup yogurt and orange juice to blender.
- Mix well and serve.



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Nutri Serving Size Servings: 1		Facts	
Amount Per S	erving		_
Calories 23	3	Calories from Fat 9	
19		%Daily Valu	e*
Total Fat 1g	2	%	
Saturated	g 2	%	
Cholestero	1	%	
Sodium 96	4	%	
Total Carbo	50g 17	%	
Dietary Fil	12	%	
Protein 9g		18	%
Vitamin A	7%	Vitamin C 123	%
Iron *Percent Daily	4% Values are	Calcium 26 based on a 2,000 calorie d	

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