

Eat Smart • Move More

Orange Banana Frosty

Prep Time: 5 minutes

Total Time: 2 hours & 5 minutes



Ingredients

- 1 banana, sliced and frozen
- ½ cup low-fat plain yogurt
- ½ cup orange juice

Nutrition Facts

2 servings per container

Serving size

1 serving
(182.25g)

Amount per serving
Calories

120

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 45mg **2%**

Total Carbohydrate 24g **9%**

Dietary Fiber 2g **7%**

Total Sugars 17g

Includes g of Added Sugars

Protein 4g

Vitamin D 0mcg **0%**

Calcium 122mg **10%**

Iron 0mg **0%**

Potassium 479mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Once the banana slices are frozen, place them into a blender with yogurt and juice.
- Mix well and serve chilled.

Quick Tips

- Bananas are a good source of Potassium and Vitamin C.
- 1 orange has approximately 93% of your daily value of Vitamin C.
- Florida is the world's 2nd largest orange juice producer.

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(Recipe from University of Nebraska's Recipe Collection, as listed at: <https://www.whatscooking.fns.usda.gov/>)

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