

Orange Banana Frosty

Rating: ★★★★★

Makes: 2 servings

Ingredients

- 1 banana (frozen)
- 1/2 cup low-fat yogurt (plain)
- 1/2 cup orange juice (prepared)

Directions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

University of Nebraska, Recipe Collection, p.5 Staff from the Univer

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	45 mg	2%