

# Mousse a la Banana

**Makes:** 4 servings

## Ingredients

- 2 tablespoons** milk (low-fat, 1%)
- 4 teaspoons** sugar
- 1 teaspoon** vanilla
- 1 banana** (medium, cut into quarters)
- 1 cup** yogurt (plain, low-fat)
- 8 banana slices** (1/4 inch)

## Directions

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>100</b>	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	45 mg	2%