

Orange Banana Frosty

Ingredients:

- 1 each banana, sliced 1/2" thick and frozen
- 1/2 cup yogurt, skim milk
- 1/2 cup orange juice

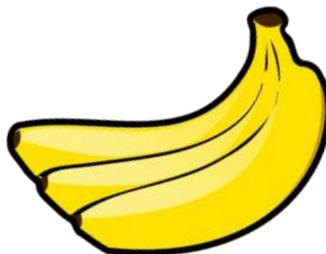
Equipment:

- 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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Nutrition Facts

Serving Size: 1 1/4 cups	
Servings: 1	
Amount Per Serving	
Calories 233	Calories from Fat 9
%Daily Value*	
Total Fat 1g	2%
Saturated Fat traceg	2%
Cholesterol 2mg	1%
Sodium 96mg	4%
Total Carbohydrate 50g	17%
Dietary Fiber 3g	12%
Protein 9g	18%
Vitamin A 7%	Vitamin C 123%
Iron 4%	Calcium 26%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.