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.

Nutrition Facts
Serving Size: 1 1/4 cups
Serving: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat %Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 233</td>
<td>(0)</td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>(2%)</td>
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<tr>
<td>Saturated Fat traceg</td>
<td>(2%)</td>
</tr>
<tr>
<td>Cholesterol 2mg</td>
<td>(1%)</td>
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<tr>
<td>Sodium 96mg</td>
<td>(4%)</td>
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<tr>
<td>Total Carbohydrate 50g</td>
<td>(17%)</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>(12%)</td>
</tr>
<tr>
<td>Protein 9g</td>
<td>(18%)</td>
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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.