

Banana Raspberry Smoothie



PREPARATION TIME: 15 minutes

MAKES: 2 (8 fl. oz.) servings

BAKE TIME: 10 minutes

INGREDIENT	MEASUREMENT	METRIC
large ripe banana, sliced	1 each	136 grams
unsweetened frozen raspberries	1-1/4 cups	153 grams
1% low-fat milk	1/2 cup	122 grams
SPLENDA® No Calorie Sweetener Granular	1/4 cup	6 grams

PLACE all of the ingredients in a blender and process until smooth. Serve immediately.

Note: For variety, substitute raspberries with any other frozen fruit. Changes may alter nutrition facts.

NUTRITION INFORMATION PER SERVING

Serving Size: 8 fluid ounces

Calories	140	Sodium	35mg
Calories from Fat	15	Total Carbohydrate	28g
Total Fat	1.5g	Dietary Fiber	4g
Saturated Fat	1g	Sugars	15g
Cholesterol	5mg	Protein	4g

This recipe, when compared to a traditional recipe, has a 34% reduction in calories, a 39% reduction in carbohydrates, and a 58% reduction in sugars!

DIETARY EXCHANGES

1 Fruit
1 Starch

