



Orange Banana Frosty

Ingredients:

- 1 banana (frozen)
- ½ cup low-fat yogurt (plain)
- ½ cup orange juice

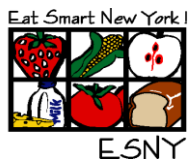
Directions:

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

Yields about 2 servings

Nutrition Facts			
Serving Size: ½ cup (179g)			
Servings Per Recipe: 2			
Amount Per Serving			
Calories	120	Calories from Fat	10
% Daily Value *			
Total Fat	1g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	45mg		2%
Total Carbohydrate	25g		8%
Dietary Fiber	2g		8%
Sugars	19g		
Protein	4g		
Vitamin A	2%	Vitamin C	10%
Calcium	10%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate		2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g
8% calories from fat			

Source: University of Nebraska, Recipe Collection, p.5 Staff from the University of Nebraska-Lincoln Cooperative Extension



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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