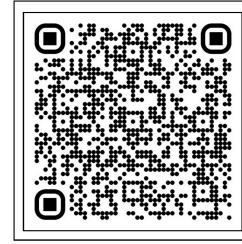




Cornell University
Cooperative Extension
New York City



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

servings per container
Serving size 3/4 cup (184g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 0mg	0%
Potassium 355mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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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