



Banana Fudge Smoothie

Makes 2 servings

Prep Time: 5 min

Cook Time: 3 min

Ingredients

- 1 ½ cups very cold 1% milk
- ¾ cup non-fat Greek style yogurt
- ½ frozen very ripe large banana cut into 1-inch chunks
- 3 tablespoons unsweetened natural cocoa powder
- 2 tablespoons agave nectar or honey
- 1 teaspoon pure vanilla extract
- 4 ice cubes

Combine all ingredients in a blender or food processor. Blend until smooth. Pour into glasses and serve immediately. Note: you can also drain plain yogurt in cheesecloth if you prefer it to Greek style yogurt.

Greek-style yogurt is ultra creamy and because it has high protein, it's a great choice for a post-workout smoothie or afternoon pick-me-up. Choose natural or non-alkalized cocoa powder - it's higher in antioxidants.

Recipe by Cheryl Forberg, RD, author of *Positively Ageless: A 28 Day Plan for a Younger, Slimmer Sexier You*, (Rodale - April 2008)

Nutritional Facts per serving for individual food recipe:

Calories: 272
Fat: 3.0g
Saturated Fat: 1.9g
Cholesterol: 56mg
Sodium: 135mg
Calcium: 35% Daily Value
Protein: 12g
Carbohydrates: 56g