

Bone Appetit Banana Smoothie

Recipe courtesy of the American Dairy Association & Dairy Council

Makes 2 servings

Prep time: 5 minutes

Ingredients:

1 medium banana, peeled, broken into pieces

2 cups fat-free milk

1 package fat-free, sugar-free instant vanilla pudding mix

In a blender, combine banana, milk and pudding mix. Cover and puree until smooth. Pour into two tall glasses and serve.

Nutritional Facts per serving for individual food:

Calories: 180

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 330 mg

Calcium: 30% Daily Value

Protein: 9 g

Carbohydrates: 37 g

Dietary Fiber: 2 g