

## **Banana Split Smoothie**

*Who says breakfast is boring? Try our banana split for a quick meal on the go.*

1 banana  
½ cup low fat vanilla yogurt  
1/8<sup>th</sup> cup frozen orange juice concentrate  
½ cup 1% milk **or** low fat plain soy milk  
1 Tbsp skim milk powder or whey protein  
6 ice cubes, crushed

Blend until smooth in a blender. Makes 2 servings.

Per 8 oz serving: Calories 205, Carbohydrate 36 g, Fat 2 g,  
Protein 12 g, Fiber 1.6 g