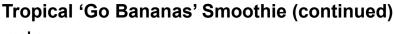
Tropical 'Go Bananas' Smoothie

What you need:

- 1 cup low fat plain or flavored yogurt
- 1 cup skim milk or 1% milk (for low lactose try Lactaid or soy milk)
- 1 small banana
- 1/2 cup frozen or fresh strawberries (no sugar added) or 1/2 cup canned (rinsed) or fresh pineapple
- 1 teaspoon vanilla or almond extract flavoring
- Sprinkle of nutmeg and cinnamon



(over for directions, nutritional information)





How to make:

Mix all ingredients together in blender. Add 1/2 cup crushed ice. Blend well. Makes 2 cups (2 servings).

Nutrition Information:

Serving Size: 1 cup

Calories: 140 calories

Fat: 2 gm.

Carbohydrate: 20 gm. Fiber: 2 gm. Protein: 8 gm.

Sodium: 120mg.

Recipe courtesy of Lifetime Health Medical Group

