



Banana Split Shake

4 servings

- 2 small ripe bananas
- 1 cup skim milk
- 1 cup fresh or frozen strawberries
- 2 cups low-fat chocolate frozen yogurt

1. Place bananas, milk and strawberries in a blender. Cover; blend on HIGH speed until smooth.
2. Add yogurt 1 cup at a time. Cover and pulse on HIGH speed after each addition until smooth and thick.

