

Banana Fudge Smoothie

Recipe Type: Snack

Serves: 4

Prep Time: 1 hour and 15 minutes **Cooking Time:** None

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 bananas
- 1 ¼ C non-fat milk
- ½ C non-fat Greek yogurt
- 3 T unsweetened cocoa powder
- 2 T honey
- 1 t vanilla extract
- 6 ice cubes

What to do:

1. Wash your hands.
2. Slice the bananas into 1 inch pieces and put them on a plate.
3. Put the plate in the freezer for at least 1 hour.
4. Place the banana and rest of the ingredients into a blender.
5. Cover the blender and blend the mixture until it is smooth.
6. Pour the mixture into 4 cold glasses.
7. Enjoy!



This is a picture of 1 serving.

Contains: Milk

Nutrition Facts

4 servings per container

Serving size 8 oz (211g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 45mg 2%

Total Carbohydrate 29g 11%

Dietary Fiber 3g 11%

Total Sugars 21g

Includes 9g Added Sugars 18%

Protein 7g

Vitamin D 1mcg 6%

Calcium 141mg 10%

Iron 1mg 6%

Potassium 447mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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