



## Chocolate-Peanut Butter-Banana Smoothie

- 1 Cup vanilla low-fat yogurt
- $\frac{3}{4}$  Cup crushed ice
- 1 Tablespoon creamy peanut butter
- 1 (1.26-ounce) packet milk chocolate instant breakfast drink mix (we used Carnation Instant Breakfast Essentials Complete Nutritional Drink)
- 1 Medium banana (about 5 ounces), broken into chunks

Combine all ingredients in container of blender; cover and process until smooth. Serve immediately, or cover and freeze..

Yield: 2 servings (serving size: 1 cup)

(Made with Yoplait vanilla low-fat yogurt, the smoothie has about 265 calories and 5.3 grams of fat per serving with 18% calories from fat. With Dannon Light & Fit vanilla fat-free yogurt, it has about 205 calories and 4.5 grams of fat per serving with 20% calories from fat.)