

Beverages

Berry Banana Nog

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2 ripe bananas, cut into chunks

10 strawberries

1 1/2 cups milk

1/2 cup vanilla yogurt

3 tablespoons honey

1/4 teaspoon vanilla extract

3 ice cubes

banana slices (for garnish)

strawberries (for garnish)

In a blender, whirl the bananas, strawberries, milk, yogurt, honey, vanilla extract and ice.

Pour into two glasses.

Garnish each with a slice of banana and strawberry.

Per Serving (excluding unknown items): 532 Calories; 17g Fat (27.0% calories from fat); 17g Protein; 84g Carbohydrate; 3g Dietary Fiber; 65mg Cholesterol; 242mg Sodium. Exchanges: 1/2 Fruit; 2 Non-Fat Milk; 3 Fat; 4 Other Carbohydrates.