

Beverages

Apple Shake

www.splenda.tastebook.com

Servings: 2

Start to Finish Time: 10 minutes

1 apple, peeled, cored and chopped

1 1/2 cups fat-free milk

3 cups vanilla no-sugar-added fat-free ice cream

2 tablespoons Splenda no calorie sweetener, granulated

In a blender, place the apple, milk, ice cream and Splenda.

Blend until smooth.

Serve cold!

Per Serving (excluding unknown items): 41 Calories; trace Fat (4.9% calories from fat); trace Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: 1/2 Fruit.