

Misty Leprechaun Shake

*Chef Michelle - Aldi test Kitchen
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Servings: 2

*1 banana, sliced and frozen
1/2 cup frozen vanilla nonfat
Greek yogurt
3/4 cup 2% reduced-fat milk
1/4 teaspoon pure
peppermint extract
10 to 12 drops green food
coloring
1 mini bar Moser Roth
premium dark chocolate
70% cocoa, broken
1 packet calorie free
sweetener
1/4 cup Lite whipped
topping*

In a blender, combine the banana, yogurt, milk, peppermint extract, food coloring, chocolate and sweetener.

Puree' until smooth.

Top with whipped topping.

Serve.

Transfer the yogurt to a resealable bag. Freeze overnight. You can then portion out the yogurt which will slip right out of the bag when you need to place it in the blender.

Per Serving (excluding unknown items): 54 Calories; trace Fat (4.2% calories from fat); 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Fruit.