

## Beverages

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# Banana Blast

Integrated Marketing Services - Apopka, FL

**Servings: 4**

**Preparation Time: 10 minutes**

**2 bananas, peeled**

**1 cup lowfat vanilla yogurt or lowfat banana yogurt**

**2 tablespoons honey**

**1/4 teaspoon cinnamon**

**20 large ice cubes**

Place all the ingredients except the ice in a blender.

Blend until smooth.

Add the ice, a few cubes at a time and blend until smooth.

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Per Serving (excluding unknown items): 87 Calories; trace Fat (2.7% calories from fat); 1g Protein; 23g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 1/2 Other Carbohydrates.