

Beverage

Banana Pudding Smoothie

Cooking Light Magazine

2 ripe bananas

1 package (3 oz) instant vanilla pudding

3 cups milk

1 cup ice

1/2 teaspoon cinnamon

In a blender, combine all of the ingredients.

Process until smooth.

Garnish with crushed vanilla wafers.

Per Serving (excluding unknown items): 453 Calories; 24g Fat (48.2% calories from fat); 24g Protein; 35g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 366mg Sodium. Exchanges: 0 Grain(Starch); 3 Non-Fat Milk; 4 1/2 Fat.