

Frozen Banana Velvet

Charlotte Helm

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*2 1/2 cups ripe bananas,
mashed
1 1/2 cups buttermilk
1 cup sugar
1 teaspoon vanilla
1 container (9 ounce) non-
dairy frozen whipped
topping, thawed*

In a bowl, mix the mashed bananas, buttermilk, sugar and vanilla.

Freeze until slightly thickened.

Fold in the whipped topping.

Return to the freezer until firm.

Per Serving (excluding unknown items): 935 Calories; 3g Fat (3.0% calories from fat); 12g Protein; 219g Carbohydrate; 0g Dietary Fiber; 13mg Cholesterol; 388mg Sodium. Exchanges: 1 1/2 Non-Fat Milk; 1/2 Fat; 13 1/2 Other Carbohydrates.