

## Beverages

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# 'Bananas Foster' Smoothie

www.splenda.tastebook.com

**Servings: 1**

**Start to Finish Time: 5 minutes**

**2 packets Splenda Flavors for Coffee, caramel flavor**

**3/4 cup reduced fat milk**

**1 tablespoon orange juice**

**1/4 teaspoon banana extract**

**1 two-inch-slice banana**

In a microwaveable bowl or cup, mix the Splenda, milk, orange juice and banana extract.

Heat in the microwave for 50 to 60 seconds or until hot.

Pour the mixture into a blender and add the banana. Cover tightly and blend for 15 to 20 seconds or until the banana is puree'd.

Pour into a serving glass and serve immediately.

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Per Serving (excluding unknown items): 116 Calories; 1g Fat (4.2% calories from fat); 1g Protein; 29g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 2 Fruit.