

Beverages

Banana Colada Smoothie

www.splenda.tastebook.com

Servings: 2

Start to Finish Time: 5 minutes

Unsweetened coconut milk can be found in the Asian food section of your supermarket.

1 cup ice cubes

1 cup fresh pineapple, chopped

1 small ripe banana, sliced

3 tablespoons Splenda no calorie sweetener, granulated

1/2 cup reduced-fat coconut milk

1/2 teaspoon vanilla extract

In a blender combine all of the ingredients in the order listed: ice cubes, pineapple, banana, Splenda, coconut milk and vanilla extract.

Process the mixture until smooth, stopping to scrape down the sides.

Per Serving (excluding unknown items): 38 Calories; trace Fat (7.0% calories from fat); trace Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Fruit.