

Beverages

Raspberry Banana Smoothie

www.splenda.tastebook.com

Servings: 2

Preparation Time: 5 minutes

Start to Finish Time: 15 minutes

1 medium banana, peeled and sliced

3/4 cup fresh raspberries

4 packets Splenda no calorie sweetener with fiber

3/4 cup 1% low-fat milk

1/2 teaspoon pure vanilla extract

Place the banana in the freezer for 10 minutes or until slightly firm.

Place all of the ingredients in a blender. Process until smooth, stopping to scrpa down the sides.

Serve immediately.

Per Serving (excluding unknown items): 116 Calories; 1g Fat (10.8% calories from fat); 4g Protein; 24g Carbohydrate; 5g Dietary Fiber; 4mg Cholesterol; 47mg Sodium. Exchanges: 1 Fruit; 1/2 Non-Fat Milk; 0 Fat.