

'Bananas Foster' Smoothie

Serves: 1

Prep Time: 5 Minutes

Total Time 5 Minutes

INGREDIENTS

2 packets SPLENDA® Flavors for Coffee, Caramel
3/4 cup reduced fat milk
1 tablespoon orange juice
1/4 teaspoon banana extract
1 (2 inch) slice of banana

DIRECTIONS

1. Mix all ingredients, except banana, in a microwaveable bowl or cup. Heat in microwave 50 to 60 seconds or until hot. Pour into a blender and add banana. Cover tightly and blend 15 to 20 seconds or until banana is pureed. Pour into serving glass and serve immediately.

Nutrition info (per serving)

Calories 140 | Calories from Fat 35 | Fat 4g (Saturated 2.5g) | Cholesterol 15mg | Sodium 90mg
| Carbohydrates 24g | Fiber 1g | Sugars 19g | Protein 7g

NOTE

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