

Frozen Strawberry Banana Treat

This blast of strawberry and banana flavored frozen dessert is a great way to beat the summer heat. And at just 86 calories a serving, this is a great healthy recipe for anytime of the day.

Recipe Type: Dessert, Snack

Degree of Difficulty: Easy

Ingredients

- 1 cup Yogurt, plain non fat
- 1 cup Strawberries, frozen or fresh
- 1 Banana
- 1 Tbsp Vanilla extract



Directions

- 1 Blend in all ingredients in blender or food processor.
- 2 Scoop into four containers and freeze.
- 3 Remove from freezer and serve.

Cooking Times

Preparation Time: 5 minutes

Inactive Time: 1 hour

Total Time: 1 hour and 5 minutes

Nutrition Facts

Nutrition (per serving): 87 calories, 1.2g total fat, <1g saturated fat, 3.7mg cholesterol, 44mg sodium, 14.4g carbohydrates, 1.5g fiber, 5.9g sugar, 3.8g protein.

Servings: 4

Weight Watchers Points

Note: All ingredients except the vanilla extra were excluded when calculating the FreeStyle SmartPoints. For the remaining points values, the fruits are not included.

Orig. WW Pts: 1

Points Plus: 1

Smart Points: 1

FreeStyle Smart Points: 0

Tips

You can easily turn this recipe into a smoothie. Just add some ice cubes while blending. Then pour into drinking glasses. You can mix and match any fruits you like to this dessert idea.