

Banana Split Smoothies

2 medium ripe bananas	5 ice cubes
1 (8ounce) can crushed pineapples, drained	whipped topping
1 ½ cup of milk	chocolate syrup
2 tablespoons honey	Maraschino cherries
½ cup of fresh or unsweetened frozen sliced strawberries	

In a blender, add these items: bananas, pineapples, milk, honey and strawberries. Cover and process until smooth. Gradually add ice, blending until slushy. Pour into chilled glasses. Garnish with whipped topping, chocolate syrup, and cherries.

Yields: 4 servings.

Calories 54, Total Fat 1g, saturated fat 0g, Cholesterol 1mg, Sodium 15mg, Carbohydrate 12g, fiber 2g. Exchange: Fruit 1.

Topaz Brown

Trinity County

Senior- Nutrition Snacks