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Make your own family favorites and healthier special treats with SPLENDA® Sweetener Products. For fun recipes that parents and children can make together, visit www.splenda.com.

Banana Raspberry Smoothie

Makes: 2 (8-ounce) servings
Preparation Time: 15 minutes
Freeze Time: 10 minutes

Ingredients

1 sliced large ripe banana
1 1/4 cups unsweetened frozen raspberries
5 packets SPLENDA® No Calorie Sweetener
1/2 cup 1% low-fat milk

Directions

PLACE banana in freezer for 10 minutes or until slightly firm.
PROCESS banana and remaining ingredients in a blender until smooth, stopping to scrape sides down. Serve immediately.

Nutrition Information per Serving
Serving size: 8 oz.
Calories 120
Calories from Fat 10
Total Fat 1g
Saturated Fat 1g
Cholesterol 0mg
Sodium 35mg
Total Carbs 26g
Dietary Fiber 4g
Sugars 19g
Protein 4g

Exchanges Per Serving: 1/2 Low-Fat Milk, 1 fruit

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