

## BANANA BREAKFAST SHAKE

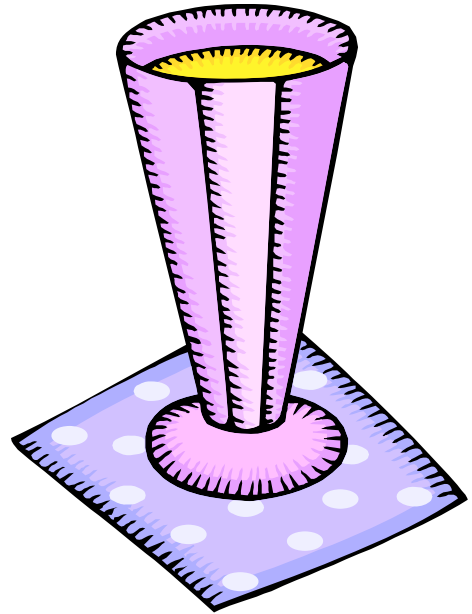
1-1/2 cups fat-free milk  
1 peeled and sliced medium banana, frozen\*  
1/2 teaspoon vanilla extract  
1 tablespoon honey  
Cinnamon for garnish, optional

\*Wrap sliced banana in plastic wrap or place in a freezer storage bag. Freeze several hours or overnight.

In a blender container combine all ingredients, except cinnamon.

2. Blend until smooth, about 20 seconds.

Pour into glasses and garnish with a sprinkle of ground cinnamon, if desired.



Makes 2 servings.

- **FOOD SAFETY TIPS** - Wash bananas before peeling. Keep milk cold. Wash hands before preparing.

Nutritional information per serving:

Calories:	152
Total fat:	0.525g
% calories from fat:	3.1%
Calcium:	229.5mg