

## Key Lime-Banana Smoothie

*It's smooth sailing with tropical beverages for two. Being ready in 10 minutes makes them that much better.*

- 1 container (6 ounces) Yoplait® Original Key lime pie low-fat yogurt
- 1 ripe banana, sliced
- 1/2 cup milk
- 1 tablespoon lime juice
- 1/4 teaspoon dry lemon lime-flavored soft drink mix (from 0.13-ounce package)
- 1 cup vanilla frozen yogurt

- 1.** Place all ingredients except frozen yogurt in blender. Cover and blend on high speed until smooth.
- 2.** Add frozen yogurt. Cover and blend until smooth.

**Serving:** Calories 340 (Calories from Fat 40); Total Fat 4 1/2g (Saturated Fat 2 1/2g; Trans Fat 0g); Cholesterol 15mg; Sodium 160mg; Total Carbohydrate 64g (Dietary Fiber 2g; Sugars 50g); Protein 12g

**% Daily Value:** Vitamin A 6%; Vitamin C 15%; Calcium 40%; Iron 2%

**Exchanges:** 2 1/2 Fruit; 1 Low-Fat Milk; 1 Fat

**Carbohydrate Choices:** 4

[www.BettyCrocker.com](http://www.BettyCrocker.com)