

# Cherry Blast Frappe'

## INSTRUCTIONS:

**PLACE** all ingredients in blender; cover. Blend on high speed 30 sec. or until thickened and smooth.

**SERVE** immediately!

## SPECIAL EXTRAS:

Place remaining drink mix in glass or plastic pitcher. Add 1 qt. (4 cups) cold water; stir until drink mix is completely dissolved. Serve over ice cubes in tall glasses

Makes: 4 servings, 1 cup each

## INGREDIENTS:

2 cups cold milk

1 container (6 oz.) cherry low-fat yogurt

1 medium ripe banana, sliced

1/2 env. Sugar Free Cherry Flavor Soft Drink Mix (1 tsp.)

1 cup ice cubes

Prep Time: 5 mins.

Total Time: 5 mins.

## Nutrition Facts:

120 Calories

3g of Fat

19g of Carbs.

1g of Fiber

16g of Sugar

6g of Protein

