



## August 6- Razzleberry Shiver

Smart Snack

Link: <https://www.foodhero.org/recipes/razzleberry-shiver>

### Recipe

*Ingredients:*

- 1 cup raspberries
- 2 bananas
- ½ cup plain, low-fat yogurt
- ¼ cup non-fat 1% milk
- 1 teaspoon sugar

*Directions:*

1. Put all ingredients into a blender. Blend until smooth
2. Divide the mixture among four small bowls. Freeze for about 2 hours.

Yield 4 servings

### Nutrition Facts

Serving Size 1/2 cup (140.93g)  
Servings Per Container 4

#### Amount Per Serving

**Calories** 110      Calories from Fat 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **2%**

*Trans Fat*

**Cholesterol** <5mg      **1%**

**Sodium** 30mg      **1%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber 4g      **15%**

Sugars 13g

**Protein** 3g      **6%**

Vitamin A 0%      •      Vitamin C 25%

Calcium 8%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.