



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.