



## April 17- Mousse a la Banana

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/mousse-la-banana>

### Recipe

#### Ingredients:

- 2 Tablespoons milk 1%
- 4 teaspoons sugar
- 1 teaspoon vanilla
- 1 banana
- 1 cup yogurt
- 8 banana slices

#### Directions:

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.

Yield 4 servings

### Nutrition Facts

Serving Size 1/2 cup (133.12g)  
Servings Per Container 4

#### Amount Per Serving

**Calories** 120      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0.5g      **4%**

*Trans Fat*

**Cholesterol** <5mg      **1%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 2g      **6%**

Sugars 16g

**Protein** 4g      **8%**

Vitamin A 0%      •      Vitamin C 10%

Calcium 10%      •      Iron 0%

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