

Banana Breakfast Shake

Serves: 2

Ingredients

1 ½ cups fat free milk	½ tsp. vanilla extract
1 peeled and sliced medium banana, frozen (wrap sliced banana in plastic wrap or place in a freezer storage bag. Freeze several hours or overnight).	¼ tsp. almond extract (optional) Cinnamon for garnish (optional)

Combine all ingredients, except for cinnamon, in a blender.

Blend until smooth, about 20 seconds.

Pour into glasses and garnish with a sprinkle of ground cinnamon, if desired.

Per serving: 120 calories, 0.5 g fat, 5 mg cholesterol, 90 mg sodium, 22 g carbohydrates.