



Cherry Smoothie

Serves: 10

Ingredients

- 1 very ripe banana, peeled
- 1 cup frozen, unsweetened tart cherries
- 1 cup skim milk

Put banana, frozen cherries, and milk in electric blender; puree until smooth.

Serve immediately.

Per serving: 125 calories, 0.7 g fat, 2.2 mg cholesterol.