

MANGO BANANA ICE CREAM



ingredients:

- 2 chopped bananas, frozen
- 1/2 cup frozen mango chunks
- 1 Tablespoon nonfat plain Greek yogurt

directions:

1. In a food processor, combine frozen banana pieces and mango. Process until creamy.
2. Add the yogurt and process for another 30 seconds.
3. Serve immediately, or for a firmer ice cream, store in the freezer in an airtight container for at least 1 hour.

Yield: 2 servings

Nutrition Information Per Serving:

139 Calories
<1 gram Fat
0 grams Saturated Fat
0 mg Cholesterol
11 mg Sodium
35 grams Carbohydrates
4 grams Fiber
2 grams Protein

Food exchanges: 2 fruit



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