



Greek Yogurt Shake

Submitted by Sharon F.

1/2 banana, very ripe
1 container of flavored Dannon Light and Fit Greek Yogurt
1/2 scoop of Any Whey Protein
ice cubes (optional)

Put all ingredients in blender and blend until smooth. Makes 1 serving.

Nutrition information per serving: 174 calories, 21 grams protein, 0 grams fat, 22 grams carbohydrate, 70 mg sodium.

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