RECIPE

Razzleberry Shiver

Creamy and tangy and oh so pretty!

Prep Time: 5 mins
Chill Time: 5 hours

Makes: 4 Servings (2 cups)

Source: foodhero.org Razzleberry Shiver

Ingredients

- 1 cup raspberries
- 2 bananas
- ½ cup plain, low-fat yogurt
- ¼ cup nonfat or 1% milk
- 1 teaspoon sugar

Directions

1. Put all ingredients into a blender. Blend until smooth.
2. Divide the mixture among four small bowls.
3. Freeze for about 2 hours. Enjoy as you would ice cream!
4. Refrigerate or freeze leftovers within 2 hours.

Utensils Needed

- Blender
- Measuring cup
- Spoon
- Measuring Utensils

Small Changes, BIG Difference!

Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	100
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	5 mg
Sodium:	30 mg
Total Carbohydrates:	21 g
Dietary Fiber:	4 g
Total Sugars:	12 g
Added Sugars:	0 g
Protein	3 g

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