

Banana Lassi

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Nutrition Information (Per Serving)

Energy	176kcal
Protein	11g
Total fat	2g
Saturated fat	1g
Cholesterol	11mg
Carbohydrate	29g
*Carbohydrate exchange	~2
Dietary fibre	1g
Sodium	113mg
Calcium	305mg
Vit D	0.26ug
Phosphorus	269mg

Ingredients

200g of chilled low fat plain yoghurt
 1 glass of cold low fat milk
 1 small banana
 1 tbsp of stevia powder*

Method

1. Combine all ingredients in a blender and process until smooth.
2. Pour into glasses and serve immediately.

*Stevia is a non-calorie natural intense sweetener (250-300 times sweeter than sucrose) that has a negligible effect on blood glucose level.

Sweetness scale equivalent: 1 tbsp sugar = ¼ to ¾ tsp of Stevia