Orange Banana Frosty

Ingredients:
1 small frozen banana, cut into chunks
½ cup plain low-fat yogurt
½ cup orange juice

Directions:
1. Put banana chunks, yogurt and orange juice in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Yields about 2 servings

Source: Loving Your Family, Feeding Their Future - The Healthy Family Guide Book (USDA)