

Banana Mousse



A chilled dessert that is perfect on a warm summer day. This dessert is low in saturated fat, cholesterol, and sodium.

Nutrition Facts

Recipe makes 4 servings

Calories: 94	Dietary Fiber: 1 g
Fat: 1 g	Sodium: 47 mg
Carbohydrate: 18 g	Protein: 1 g
Cholesterol: 4 mg	

Source: The Office of Disease Prevention and Health Promotion. For more healthy recipes, visit: <http://health.gov>

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Ingredients

- 2 Tbsp. low-fat milk
- 4 tsp. sugar
- 1 tsp vanilla
- 1 medium banana, cut into quarters
- 8—1/4 inch banana slices
- 1 cup plain, low-fat yogurt

Directions

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.