

Banana Mousse

(Makes 4 servings – $\frac{1}{2}$ cup each)

Ingredients:

- 2 Tbsp lowfat milk
- 3 tsp sugar substitute
- 1 tsp vanilla
- 1 medium banana, cut in quarters
- 1 C plain fat free Greek yogurt
- 8 slices (1/4 inch each) banana

Directions:

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



Nutritional Analysis: (per serving / $\frac{1}{2}$ cup)

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| ▪ Calories: 80 | ▪ Protein: 6 g |
| ▪ Fat: 0 g | ▪ Carbohydrate: 15 g |
| ▪ Saturated Fat: 0 g | ▪ Sugars: 10 g |
| ▪ Cholesterol: 0 mg | ▪ Dietary Fiber: 1 g |
| ▪ Sodium: 30 mg | ▪ Potassium: 297 mg |

Source:

[KEEP THE BEAT](#); Heart Healthy recipes from the National Heart, Lung and Blood institute
This recipe has been slightly modified.