

Instant Berry Sherbet

Makes 2 servings

Recipe from: CSPI- Nutrition Action Newsletter

Ingredients

1 cup frozen mixed berries (blueberries, strawberries, raspberries)
1 frozen banana, chopped
 $\frac{3}{4}$ cup plain, 2% Greek yogurt

Directions

1. Place berries, chopped frozen banana and Greek yogurt in a blender or food processor.
2. Blend until creamy.
3. Enjoy!

Nutrition Information per Serving: Calories 153, Fat 1.9g, Cholesterol 5mg, Sodium 36mg, Carbohydrates 4g, Fiber 4g, Protein 9.6g