

## **Mousse a la Banana**

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/banamous>

### **Ingredients**

- 2 tablespoons low fat (1%) milk
- 4 teaspoons sugar
- 1 teaspoon vanilla
- 1 medium banana, cut into quarters
- 1 cup plain low fat yogurt
- 8 ¼-inch banana slices

### **Instructions**

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 4 dessert dishes; garnish each with 2 banana slices just before serving.

**Makes 4 servings**

### **Nutrition information per serving**

Calories: 94	Dietary Fiber: 1 g
Total Fat: 1 g	Sodium: 47 mg
Saturated Fat: 1 g	Protein: 7 g
Cholesterol: 4 mg	Carbohydrates: 28 g



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