SHOPPING LIST

Berry Banana Frozen Yogurt

- ◯ Bananas
- ◯ Raspberries
- ◯ Low-fat Yogurt

First, check off the items you already have at home.

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Professor Fizzy presents

SNACKS

PBS KIDS GO!

FIZZY'S LUNCH LAB

Berry Banana Fro-Yo

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	Under 30 min.	Medium	

YOU WILL NEED

2 over-ripe bananas, peeled, sliced thin, and frozen

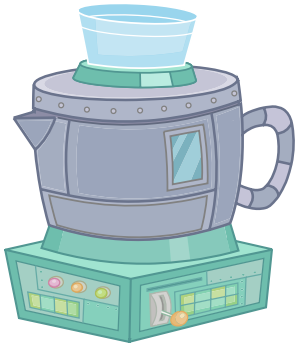
2 cups frozen raspberries

1 cup plain low-fat yogurt

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Try 2 cups of frozen strawberries, blueberries, or a combination in place of the raspberries.



STEP 1: Place the frozen bananas and berries in the bowl of a food processor and process until smooth. Add the yogurt and process until completely incorporated. Serve immediately.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 Serving (186g)
Servings Per Container

Amount Per Serving	
Calories 130	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 4g	

Vitamin A 6% • Vitamin C 40%
Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4