

Green Tea Banana Split Smoothie

- ½ cup Chilled green tea
- 1 cup Regular or low-fat vanilla yogurt OR 1 cup vanilla ice cream
- 1 Small banana
- ¼ cup Chocolate syrup
- ¼ tsp Pure vanilla extract
- 4 Ice cubes

Place all ingredients in a blender, adding the ice cubes last.

Blend for 2 - 3 minutes at medium speed, or until the ice is completely crushed and incorporated.

Pour into glasses and serve immediately.

Makes 1 serving.