

Razzleberry Shiver

Creamy and tangy and oh so pretty!

Prep Time: 5 mins

Chill Time: 5 hours

Makes: 4 Servings (2 cups)

Source: foodhero.org Razzleberry Shiver

Ingredients

- 1 cup raspberries
- 2 bananas
- 1/2 cup plain, low-fat yogurt
- 1/4 cup nonfat or 1% milk
- 1 teaspoon sugar

Directions

1. Put all ingredients into a blender. Blend until smooth.
2. Divide the mixture among four small bowls.
3. Freeze for about 2 hours. Enjoy as you would ice cream!
4. Refrigerate or freeze leftovers within 2 hours.

Utensils Needed

- Blender
- Measuring cup
- Spoon
- Measuring Utensils



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	100
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	5 mg
Sodium:	30 mg
Total Carbohydrates:	21 g
Dietary Fiber:	4 g
Total Sugars:	12 g
Added Sugars:	0 g
Protein	3 g

SHOPPING LIST

Average total cost : \$6.48

Average cost/serving: \$1.35

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Frozen raspberries 12 oz.



Add 1 to Cart
Lowfat Plain Yogurt 32 oz.



Add 2 to Cart
Bananas



Add 1 to Cart
Quart of Milk

Save Time, Save Money

- Freeze leftover bananas for later use.
- Use leftover fruit and yogurt to make a breakfast parfait.
- Make popsicles ! Spoon mixture into small paper cups or popsicle forms. Add a smooth wooden craft stick. Freeze until very firm so the sticks don't pull out.
- No blender? Mash fruit well with a fork.

My Cooking Notes