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Frozen Banana Yogurt

Ingredients:

1 medium frozen banana
1/2 cup fat free cottage cheese
1 teaspoon vanilla extract
1/2 cup vanilla whey protein 1 tablespoon milk

Directions:

1. Blend all ingredients together.
2. Put in a plastic container and place container in freezer for 30 minutes.
3. After 30 minutes, churn the concoction with a spoon to break up the ice crystals and replace in freezer.
4. Wait another 30 minutes, remove container from freezer and churn it once more.
5. Now if the consistency is to your liking you may consume it now; otherwise, put it back in the freezer for another 30 minutes.