

Banana Mint Slushes

Ingredients:

2 bananas
10 mint leaves
2 tsp vanilla extract
3 cup skim milk
1 cup ice cubes

Instructions:

Place the bananas in a blender and puree. Add the remaining ingredients and blend well. Serve from a tall pitcher in frosty glasses.

Serving size: 1/2 cup

Servings: 6

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