

Mousse a la Banana

- **Makes:** 4 servings
- **Prep Time:** 1 to 2 minutes
- **Cook Time:** N/A



Ingredients

- 2 tablespoons milk (low-fat, 1 percent)
- 4 teaspoons sugar
- 1 teaspoon vanilla
- 1 banana (medium, cut into quarters)
- 1 cup yogurt (plain, low-fat)
- 8 slices banana (¼ inch each)

Directions

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.

Nutritional Information

Serving size: ½ cup

Calories: 98

Total fat: 1 gram

Saturated fat: 1 gram

Cholesterol: 4 milligrams

Sodium: 47 milligrams

Carbohydrates: 19 grams

Dietary fiber: 1 gram

Total sugars: 14 grams

Added sugars: 4 grams

Protein: 4 grams

Potassium: 305 milligrams

N/A=not applicable.

Source: A Healthier You: Based on the Dietary Guidelines for Americans. US Department of Health and Human Services, Office of Disease Prevention and Health Promotion. Mousse a la banana. MyPlate Kitchen.

Sanofi, the maker of MULTAQ, does not provide medical advice. Please talk with your doctor about how to take MULTAQ and what a heart-healthy diet is for you.