

# Blissful Banana Mousse

This creamy dessert is low in saturated fat, cholesterol and sodium.

## Ingredients

- 2 T low-fat (1 percent) milk
- 4 tsp sugar
- 1 tsp vanilla
- 1 medium banana, cut in quarters
- 1 cup plain low-fat yogurt
- 8 banana slices (1/4-inch)

## Directions:

Place milk, sugar, vanilla and banana in blender. Blend for 15 seconds on high until smooth. Pour mixture into a small bowl. Fold in yogurt. Chill. Spoon into dessert dishes. Garnish each with 2 banana slices just before serving.



## Nutrition Facts

4 servings (1/2 cup each)

Amount Per Serving

**Calories** 94

**Fat** 1g

Saturated Fat 1g

**Cholesterol** 4mg

**Sodium** 47mg

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