

## Light Coffee Frappe



### Ingredients:

- 3/4 cup cold coffee
- 1/4 cup nonfat milk
- 1 teaspoon vanilla extract
- 2 bananas, sliced then frozen

### Directions:

1. Add all ingredients to a blender.
2. Cover and blend until smooth.

Makes 2 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>