

Cajun Banana Smoothie

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Ingredients

1 Large ripe banana, sliced Thin
1/2 c Fresh strawberries sliced Thin
1/4 c Skim milk (2%)
1 ts Brown sugar
1/2 c Banana yogurt
1 oz Dark rum
1 oz Banana brandy
1/4 ts Orange peel grated

GARNISH

3 Slices banana
3 Sprigs mint
3 Whole strawberries

Directions

Place bananas & strawberries in a bowl and freeze. Remove after frozen & place in a blender. Add skim milk, yogurt, orange peel, & sugar. blend at medium speed until thick. Add rum & brandy. Pour into a chilled champagne saucer. Arrange strawberries, banana slices, & mint on long toothpicks. Rotate into drink & serve.