

## It Looked Like Spilt Milkshake

This Off the Shelf recipe was inspired by *It Looked Like Spilt Milk*.

### Ingredients

- 1/2 cup plain low-fat yogurt
- 1/2 cup skim milk
- 1/4 cup almonds
- 3/4 cup low-fat frozen yogurt
- 1 banana
- 1/4 teaspoon vanilla

1. Place yogurt, milk and almonds in a blender, and blend until smooth.
2. Add frozen yogurt, banana and vanilla, and blend until frothy, 30 seconds to 1 minute.