
Weight Watchers Banana Frosty

2 ripe bananas, peeled and sliced

1 cup non-fat plain Greek yogurt

1/2 cup unsweetened almond milk (or any milk of your choice)

1 teaspoon vanilla extract

1 tablespoon honey or maple syrup (optional, for added sweetness)

Ice cubes (optional, for a thicker frosty)

1 Place the sliced bananas, Greek yogurt, almond milk, vanilla extract, and honey/maple syrup (if using) into a blender.

2 If you prefer a thicker consistency, add a handful of ice cubes to the blender as well.

3 Blend all the ingredients together until smooth and creamy. If the mixture is too thick, you can add a splash of almond milk to help it blend more easily.

4 Once the mixture is smooth and well-combined, taste and adjust sweetness if necessary by adding more honey or maple syrup.

5 Pour the Banana Frosty into glasses and serve immediately. You can garnish with sliced bananas or a sprinkle of cinnamon if desired.