Banana Whip

Serves 2

Prep time: 5 minutes + 1 hour chilling time
Cooking time: 0 minutes
Per portion
Calories: 134
Fat: 0.7g
Saturates: 0.5g
Carbs: 20.1g
of which sugars: 18.3g
Fibre: 1.3g
Protein: 11.5g
Salt: 0.25g

Ingredients:

2 medium ripe bananas (approx. 140g unpeeled weight each)
150g 0% fat Greek yoghurt
50g low fat cream cheese
2 drops of vanilla essence

Instructions:

Peel the bananas and place 1 ½ of the bananas into a medium mixing bowl, wrapping the remaining half in cling film and reserving for the garnish.

Mash the banana in the bowl until very soft and sloppy.

Stir in the yoghurt, cream cheese and vanilla extract.
Using a whisk, whisk for 2-3 minutes or until smooth and creamy.

Divide equally between two glass dessert dishes. Chill for 1-2 hours

Just before serving, remove the remaining banana from the cling film and slice and divide equally between the two desserts and serve.

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