



Recipe from: [My Catholic Tradition](#)

## **Banana and Maple Flip**

SERVES ONE

- 1 small banana, peeled and halved
- 1/4 cup plain yogurt
- 1 egg
- 2 tbsp maple syrup
- 1 tsp lemon or lime juice

Place a tall glass in the freezer.

For a hint of sharpness, add 1 tsp or use a slightly tangy yogurt.

Put the peeled and halved banana, yogurt, egg, and maple syrup in a food processor or blender. Add 2 tbsp chilled water and lemon or lime juice.

Process the ingredients constantly for about 2 minutes, or until the mixture turns a really pale, creamy color and has a nice frothy texture.

Pour the banana and maple flip into a tall, chilled glass and serve immediately.

Decorate the glasses with an orange or lime slice before serving.