



## Bananarama Cream Pie Dip



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1/8th of recipe (about 1/4 cup): 61 calories, 2.5g total fat (2g sat fat), 53mg sodium, 8.5g carbs, 0.5g fiber, 5g sugars, 2g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 5 minutes



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### Ingredients

1 cup natural light whipped topping (like the kind by [So Delicious](#) or [Truwhip](#))  
1/2 cup fat-free plain Greek yogurt  
1/2 cup (about 1 medium) mashed extra-ripe banana  
3 tbsp. light/reduced-fat cream cheese  
1 1/2 packets no-calorie sweetener (like Truvia)  
1 tsp. vanilla extract  
Dash salt  
Optional topping: cinnamon, sliced banana

### Directions

In a medium bowl, combine all ingredients. Mix until smooth and uniform.

**MAKES 8 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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