



Nectarine Float

Serves 6

3 nectarines, sliced

1 banana, sliced

1 cup blueberries

2 cups raspberry sherbet

ginger ale

Arrange nectarines, bananas, blueberries, and a scoop of sherbet in stemmed glasses and set in freezer to frost. Fill glasses with ginger ale and serve immediately.

Per serving: 220 calories, 1 g fat, 2 g protein, 55 g carbohydrate, 2 g fiber, 45 mg sodium