

Download Betty Crockers Low Calorie Cookbook

From our kitchens to yours, all the tips, advice and recipes you need to make life more delicious, from everyday dinners and desserts to special occasion feasts. Joining the chorus of people who have used this recipe for decades. One hint- Always use a wire pastry pastry blender (instead of knives or the thicker variety) to get the best results. Just 4 ingredients! No added sugar or artificial ingredients! This Low Calorie Peanut Butter Banana Spinach Smoothie is here to make your New Year's resolution a breeze.