

Fruit and Yogurt Breakfast Shake

Yield: 2 servings

Serving Size: ½ of recipe

Ingredients

- 1 banana (medium, very ripe, peeled)
- ¾ cups pineapple juice
- ½ cup yogurt, low fat vanilla
- ½ cup strawberries (remove stems and rinse)

Instructions

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

Cost

Per serving: \$0.58

Nutrition Facts	
Serving Size 1/2 of recipe (250g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 4g	
Vitamin A 2%	• Vitamin C 50%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	