

Fruit and Yogurt Breakfast Shake

Yield 2 servings

Ingredients

1	banana (medium, very ripe, peeled)
3/4 cups	pineapple juice
1/2 cup	yogurt, low-fat vanilla
1/2 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 recipe: \$1.17

Per serving: \$0.58

Source

University of Illinois, Extension Service, Recipes to Grow On

Nutrition Facts

Serving Size 1/2 of recipe (250g)
Servings Per Container 2

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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4