

Banana Berry Wake-Up Shake

Recipe of the Month

Banana Berry Wake-Up Shake

- 1 banana
- 1 cup fresh or frozen berries (any combination)
- 1 cup milk or vanilla-flavored soy beverage
- $\frac{3}{4}$ cup plain or vanilla flavored yogurt

In a blender liquefy fruit with a small amount of milk. Add remaining milk and yogurt: blend until smooth. Add extra milk or soy beverage if shake is too thick.

Makes 2 Servings.

Nutrition Content per 1.5 cup serving (12 oz)

Calories 234, Protein 8.7 grams, Fat 3.8 grams, Carbohydrate 43.8 grams, Fiber 3.2 grams, Sodium 114 mg.



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