



## September 25- Fruit and Yogurt Breakfast Shake

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-and-yogurt-breakfast-shake>

### Recipe

*Ingredients:*

- 1 banana (medium, very ripe, peeled)
- $\frac{3}{4}$  cup pineapple juice
- $\frac{1}{2}$  cup yogurt, low-fat vanilla
- $\frac{1}{2}$  cup strawberries (remove stems and rinse)

*Directions:*

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.

Yield 2 servings

### Nutrition Facts

Serving Size 1/2 serving (286g)  
Servings Per Container 2

#### Amount Per Serving

**Calories** 190      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1.5g      **2%**

Saturated Fat 0.5g      **3%**

*Trans Fat*

**Cholesterol** <5mg      **1%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 40g      **13%**

Dietary Fiber 3g      **13%**

Sugars 29g

**Protein** 4g      **9%**

Vitamin A 0%      • Vitamin C 100%

Calcium 15%      • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.