

## Double-Fruit Shakes

*The original smoothie! This blend of yogurt and fruit will get your day off to a great start.*

4 cups vanilla fat-free yogurt

2 packages (10 ounces each) frozen sweetened strawberries or raspberries, partially thawed

2 medium bananas, sliced (2 cups)

1. Place all ingredients in blender container.
2. Cover and blend about 30 seconds or until smooth.

**Per Serving:** Calories 230 (Calories from Fat 20); Total Fat 2 g (Saturated Fat 1 g);  
Cholesterol 5 mg; Sodium 75 mg; Total Carbohydrate 49 g (Dietary Fiber 2 g);  
Protein 6g

**% Daily Value:** Vitamin A 2 %; Vitamin C 54 %; Calcium 20 %; Iron 2 %

**Exchanges:** 2 Fruit; 1 Milk

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