

Chocolate Raspberry Shake

Bottoms up! Enjoy a guilt-free indulgence that's virtually fat-free and an excellent source of calcium, vitamin C and fiber.

- 1 1/2 cups raspberries
- 1 1/4 cups fat-free (skim) milk
- 1 1/3 cups Yoplait® Original 99% Fat Free red raspberry yogurt (from two 6-ounce containers)
- 1/2 cup fat-free chocolate-flavor syrup

- 1.** Place all ingredients in blender. Cover and blend on high speed about 30 seconds or until smooth. Serve immediately.

Per Serving: Calories 185 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g);
Cholesterol 5mg; Sodium 120mg; Total Carbohydrate 40g (Dietary Fiber 5g);
Protein 9g

% Daily Value: Vitamin A 16%; Vitamin C 28%; Calcium 28%; Iron 10%

Exchanges: 2 Fruit; 1 Skim Milk

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