

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 6 g
% Daily Value: Vitamin A 2 %; Vitamin C 54 %; Calcium 20 %; Iron 2 %
Exchanges: 2 Fruit; 1 Milk

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