

# Strawberry and Banana Milkshake

From the kitchen of Rosie Gonzalez, Houston

Preparation time: 10 minutes

Number of servings: 3

## **Ingredients:**

1 cup fresh or frozen unsweetened strawberries

1 large banana, cut

1 cup skim milk

8 oz plain lowfat yogurt

8 ice cubes

1-2T sugar or sugar substitute to taste (optional)

## **Preparation:**

1. In a blender, combine all ingredients except the ice cubes. Add ice cubes slowly and blend until mixture is smooth.

## **Nutrition information per serving:**

FAT: 11% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 130



## **TIP**

*Experiment with your favorite fruits.*

*Switch to skim or 1% milk, which are lower in fat.*