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.