

Fruit Milk Shakes

Makes: 2 servings

This fruit shake is a great way to kick off your day. One minute in the blender and you'll be on your way.

Ingredients

1 cup milk (or water)

1/2 cup non-fat dry milk

2 banana (ripe, or 1/3 cup orange juice concentrate)

1 teaspoon vanilla

10 large ice cubes

Directions

1. Place the following foods together in a blender. Blend for 30 seconds to 1 minute.

Source: Cornell Cooperative Extension of Onondaga County, Co

Nutrition Information

Nutrients	Amount
Calories	214
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	6 mg
Sodium	147 mg
Total Carbohydrate	42 g
Dietary Fiber	3 g
Total Sugars	30 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	120 IU
Calcium	367 mg
Iron	0 mg
Potassium	910 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	3/4 cup
 Dairy	1 1/4 cups