



Strawberry Yogurt Shake

Ingredients:

- 1/2 cup unsweetened pineapple juice
- 3/4 cup plain low fat yogurt
- 1-1/2 cups frozen, unsweetened strawberries
- 1 tsp. granulated sugar

Directions:

Add ingredients, in order listed, to blender container.

Puree at medium speed, until thick and smooth.

Makes two 1-1/2 cup servings.

Nutritional Analysis Per Serving: Calories, 136; Fiber, 2.6 g; Cholesterol, 4 mg; Sodium, 63 mg. Percent calories from: Protein, 15%; Carbohydrate, 76%; Fat, 9%.



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