5 A Day Recipes

Beverages

Strawberry Yogurt Shake

Serves 2

- ½ cup unsweetened pineapple juice
- 1½ cups frozen, unsweetened strawberries
- ¾ cup plain low fat yogurt
- 1 tsp. granulated sugar

Add ingredients, in order listed (top to bottom, left to right), to blender container. Puree at medium speed, until thick and smooth.

This is an official 5 a Day recipe, and provides two people with two servings of fruit each

Nutritional Analysis

Calories: 136
Cholesterol: 4 mg
Fiber: 2.6 g
Sodium: 63 mg
% Calories from Protein: 15%
% Calories from Carbohydrates: 76%
% Calories from Fat: 9%