

As Soon as You're Awake, Make a Fruit 'N Juice Breakfast Shake!

Recipe provided courtesy of
Dole Food Company

Ingredients

- 1 very ripe, medium Dole® banana, peeled
- 3/4 cup Dole® 100% pineapple juice
- 1/2 cup low fat vanilla yogurt
- 1/2 cup strawberries, stems removed and rinsed

Utensils Needed

- measuring cups
- blender or food processor
- 2 (12-ounce) glasses
- straws or long-handled spoons

Nutrition Information

(per serving)

175 calories
1 g total fat
0.7 g saturated fat
4 mg cholesterol
46 mg sodium
39 g carbohydrate
2 g dietary fiber
4 g protein
2% Daily Value
vitamin A
60% Daily Value
vitamin C

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METHOD

1 Break banana into small pieces and put in the blender with pineapple juice, yogurt and strawberries. Secure lid and blend until smooth.

2 Divide shake between two glasses and serve immediately.

Makes 2 Servings

