



Fast and Fruity Shake

Makes 2 servings

- 1 ripe banana, peeled
- $\frac{3}{4}$ cup pineapple or orange juice
- $\frac{1}{2}$ cup lowfat vanilla yogurt or frozen vanilla yogurt
- $\frac{1}{2}$ cup strawberries, fresh or frozen

1. Break banana into small pieces and put in the blender with juice, yogurt and strawberries. Blend until smooth.
2. Divide shake between two glasses and serve immediately.

