

# Banana Berry Wake-Up Shake



1	banana .....	1
1 cup	fresh or frozen berries (any combination) .....	250 mL
1 cup	milk or vanilla-flavored soy beverage .....	250 mL
3/4 cup	lower-fat yogurt .....	175 mL (vanilla or other flavor that complements berries)

## MAKES 2 SERVINGS

**Ann Merritt**

*This creamy shake, which can be made the night before, is a great way to use up ripe bananas that have been frozen. When bananas start to get brown, pop them in the freezer and take out as needed.*

### DIETITIAN'S MESSAGE

*Shakes are a great way to increase fruit and milk intake. The skim-milk powder adds thickness to the Sunny Orange Shake and boosts the calcium content to 353 mg per serving. The vanilla yogurt used in these shakes has a slightly higher carbohydrate content than most other yogurts, so people with diabetes may want to choose a lower-carbohydrate brand.*

# Banana Berry Wake-Up Shake

*Continued...*

1. In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

## QUICK SHAKE

*Once a week, 12-year-old Amelia Roblin gets up early to treat her dad to a smoothie. She combines 1/2 cup (125 mL) milk, one 6-oz (175 g) container flavored yogurt and 1/2 cup (125 mL) fruit in a blender. The flavor combinations are endless. Try peach yogurt and strawberries; lemon yogurt and frozen blueberries and strawberry yogurt and bananas.*

### NUTRIENTS Per Serving

Calories: 231      Protein: 9 g  
Fat: 4.6 g      Carbohydrate: 41 g  
Saturated Fat: 2.6 g      Fiber: 4 g  
Sodium: 104 mg

**Very high in:** vitamin C, riboflavin, vitamin B12, calcium  
**High in:** vitamin B6, folacin, pantothenic acid, magnesium, fibre  
**Source of:** vitamin A, thiamine, niacin, zinc