

Ingredients:

- 1 cup fat free milk
- 1 cup frozen or fresh blueberries, strawberries, or other fruit
- 1 cup low fat raspberry or other fruit-flavored yogurt

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Blend milk, blueberries or other fruit, and yogurt until smooth.
3. Serve immediately.



Nutrition Facts (Per Serving)

calories, 89; carbohydrate, 16 g; protein, 5 g; total fat, 1 g; saturated fat, 1 g; trans fat, 0 g; cholesterol, 5 mg; fiber, 1 g; total sugars, 14 g; sodium, 70 mg; calcium, 152 mg; folate 2 mcg; iron, 0 mg; percent calories from fat, 10 %.

Makes 4 servings, approximately 3/4 cup each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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