

Fruit Yogurt Shake

1 cup plain nonfat yogurt
1/4 teaspoon vanilla
1 packet Equal® brand sweetener
3/4 cup frozen unsweetened fruit

• • • • • • •

Place yogurt, vanilla, and sweetener in blender. Whirl, gradually adding frozen fruit. Serves 2.

• • • • • • •

YIELD: 2 cups
SERVING SIZE: 1 cup
PER SERVING: Calories-95
Carbohydrate-15 g.
Protein-5 g.
Fat-2 g.
Sodium-63 mg.
EXCHANGES: 1/2 skim milk, 1/2 fruit

Bananas, peaches, blueberries, strawberries, or raspberries work best for this recipe.