

## Fruit Yogurt Shake

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

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

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*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.*