Fruit and Yogurt Breakfast Shake

BY SITE ADMIN

Makes: 2 servings

Category:	Dairy | Home/Family

Ingredients

Fruit and Yogurt Breakfast Shake

1	Banana (medium, very ripe, peeled)
¾ cup	Pineapple juice
½ cup	Yogurt, low-fat vanilla
½ cup	Strawberries (remove stems and rinse)

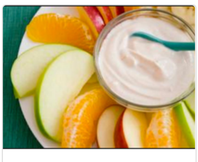
Fruit and Yogurt Breakfast Shake Directions

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

Recipe notes

Source: University of Illinois, Extension Service, **Recipes to Grow On**

Similar Recipes



Fresh Fruit with Cinnamon Yogurt Dip

READ MORE

Share This Recipe

0 Share | Tweet | 0 Save