

Fruit Milk Shakes

Makes: 2 servings

This fruit shake is a great way to kick off your day. One minute in the blender and you'll be on your way.

Ingredients

- 1 cup** milk (or water)
- 1/2 cup** non-fat dry milk
- 2** banana (ripe, or 1/3 cup orange juice concentrate)
- 1 teaspoon** vanilla
- 10** large ice cubes

Directions

1. Place the following foods together in a blender. Blend for 30 seconds to 1 minute.

Cornell Cooperative Extension of Onondaga County, Cooking with

Nutrition Information

Nutrients	Amount
Calories	214
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	6 mg
Sodium	147 mg
Total Carbohydrate	42 g
Dietary Fiber	3 g
Total Sugars	30 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	120 IU
Calcium	367 mg
Iron	0 mg
Potassium	910 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	3/4 cup
 Dairy	1 1/4 cups