

BEVERAGES



Mango Shake

Kids love this drink's creamy, sweet taste.

2 C	lowfat milk
4 Tbsp	frozen mango juice (or 1 fresh mango, pitted)
1	small banana
2	ice cubes

Put all ingredients into blender. Blend until foamy. Serve immediately.

Variations

Instead of mango juice, try orange, papaya, or strawberry juice.

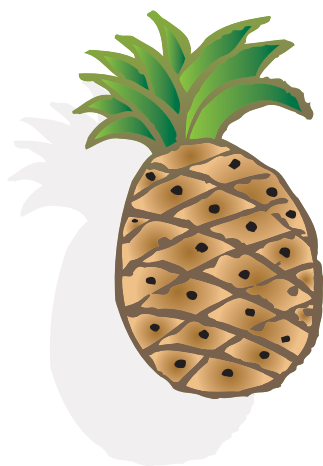
Yield: 4 servings
Serving size: $\frac{3}{4}$ cup
Each serving provides (with mango and banana):
Calories: 106
Total fat: 2 g
Saturated fat: 1 g
Cholesterol: 5 mg
Sodium: 63 mg
Total fiber: 2 g
Protein: 5 g
Carbohydrates: 20 g
Potassium: 361 mg

Summer Breezes Smoothie

Here's a perfect lowfat
thirst quencher.

1 C	fat free, plain yogurt
6	medium strawberries
1 C	pineapple, crushed, canned in juice
1	medium banana
1 tsp	vanilla extract
4	ice cubes

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.



Yield: 3 servings

Serving size: 1 cup

Each serving provides:

Calories: 121

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 1 mg

Sodium: 64 mg

Total fiber: 2 g

Protein: 6 g

Carbohydrates: 24 g

Potassium: 483 mg