

Banana Breakfast Shake

A creamy shake loaded with flavor for satisfaction any time of day – and 360 mg of bone-strengthening calcium!

2 *bananas*, sliced
 2 cups *skim milk*
 2 cups *nonfat vanilla yogurt*
 1/2 cup *pineapple juice*
 1 tbs *honey*

Blend all ingredients for several seconds until smooth; drink it cold.



MAKES 4 SERVINGS (about 1 1/2 cups each).

Per serving:

210 calories

7.6g protein

1.8g fat

35g carbs

1.4g fiber

107mg sodium