

Fresh Fruit Pudding Milk Shake (Blender Recipe)

Makes 4 servings (about 1 cup each)

Stuff You Need

Blender

1 small bowl

Butter knife or plastic knife

Rubber spatula

Measuring cups

Plastic cups (1 per participant)

What's In It?

3¹/₂ cups 2% reduced fat milk

1 pkg. (4-serving size) vanilla flavor instant pudding, or any flavor

1 medium ripe banana, cut into chunks

1/2 cup strawberries

How to Put It Together

1. Wash strawberries and remove stems with butter knife or plastic knife.
2. Place all ingredients in blender container; cover. Blend 1 minute or until smooth. Serve immediately.

Why It's Good for You

Enjoy this cool, calcium-rich milk shake – it counts towards your daily Milk Group goal! The strawberries also make it a good source of vitamin C.

Nutrition Information Per Serving (1 cup): 230 calories, 4.5g total fat, 2.5g saturated fat, 15mg cholesterol, 460mg sodium, 41g carbohydrate, 1g dietary fiber, 26g sugars, 8g protein, 10%DV vitamin A, 25%DV vitamin C, 25%DV calcium, 0%DV iron.