

Fresh Fruit Blender Breakfast

1 cup sliced fresh or frozen fruit	1/2 cup milk
1 (6- to 8-ounce) carton vanilla yogurt	1 tablespoon honey or sugar (optional)

In a blender container combine fruit, yogurt, milk, and honey; cover and blend well.
Garnish with a strawberry, if desired.

Yields: 1 serving

Calories 261, Total Fat 5 g, Saturated Fat 3 g, Cholesterol 20 mg, Sodium 182 mg,
Carbohydrate 43 g, Fiber 3 g, Protein 12 g. Daily Values: Vitamin C 141%, Calcium
47%, Iron 3%.

Austin Newman

Trinity County

Senior-Fruit and Vegetable