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Banana Strawberry Shake

Ingredients:

- 1 medium banana, chilled
- 1 cup sliced strawberries, chilled
- 2 Tablespoons sugar
- 1/8 teaspoon vanilla
- 1 1/2 cups 1% milk

Makes 3 servings

Instructions:

1. Place banana, strawberries, sugar and vanilla extract in blender container, cover.
2. Blend at high speed until well mixed, about 1 minute.
3. Add milk, blend at high speed 1 minute more.
4. Serve immediately in chilled glasses.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 3	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 5g	
Vitamin A 6%	• Vitamin C 60%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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