Berry Shake

Ingredients
- ½ banana
- ½ cup fresh or frozen berries
- ½ cup milk or vanilla-flavoured soy beverage
- ½ cup 0% fat Vanilla or Plain Greek yogurt

Making it
1. Put all ingredients in a blender and blend until smooth

Adapted from CSI Ontario Recipe

NUTRITION FACTS
Servings: 1
PER SERVING
Calories (kcal): 200
Fat (g): 1
Carbohydrate (g): 32
Fibre (g): 4
Protein (g): 17

TIPS & HINTS
If using plain yogurt, try using vanilla soymilk to add some flavour!