

SERVES 1
Makes 1 1/4 cups
(300 mL)



Dairy Farmers of Canada

This shake, like the Banana Berry Wake-Up Shake, is packed with bone-building calcium.

Sunny Orange Shake

| | | |
|---------|--------------------------|--------|
| 3/4 cup | lower-fat vanilla yogurt | 175 mL |
| 2 tbsp | skim-milk powder | 25 mL |
| 1/2 cup | orange juice | 125 mL |

1. In a blender, combine yogurt, skim-milk powder and orange juice; blend until smooth.

PER SERVING

| | |
|----------------------|--------------------|
| Calories: 262 | |
| Dietary Fiber: Trace | Carbohydrate: 51 g |
| Fat: 2 g | Protein: 11 g |



SERVES 2
Makes about 3 1/4 cups
(800 mL)



Ann Merritt

This creamy shake, which can be made the night before, is a great way to use up ripe bananas that have been frozen. When bananas start to get brown, pop them in the freezer and take out as needed.

DIETITIAN'S MESSAGE

Shakes are a great way to increase fruit and milk intake. The skim-milk powder adds thickness to the Sunny Orange Shake and boosts the calcium content to 353 mg per serving. The vanilla yogurt used in these shakes has a slightly higher carbohydrate content than most other yogurts, so people with diabetes may want to choose a lower-carbohydrate brand.

Banana Berry Wake-Up Shake

| | | |
|---------|---|--------|
| 1 | banana | 1 |
| 1 cup | fresh or frozen berries (any combination) | 250 mL |
| 1 cup | milk or vanilla-flavored soy beverage | 250 mL |
| 3/4 cup | lower-fat vanilla yogurt (or other flavor that complements berries) | 175 mL |

1. In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

PER SERVING

| | |
|--------------------|--------------------|
| Calories: 234 | |
| Dietary Fiber: 3 g | Carbohydrate: 44 g |
| Fat: 4 g | Protein: 9 g |



QUICK SHAKE

Once a week, 12-year-old Amelia Roblin gets up early to treat her dad to a smoothie. She combines 1/2 cup (125 mL) milk, one 6-oz (175 g) container flavored yogurt and 1/2 cup (125 mL) fruit in a blender. The flavor combinations are endless. Try peach yogurt and strawberries; lemon yogurt and frozen blueberries and strawberry yogurt and bananas.