**Kiwifruit Shakes**

*Frozen yogurt and kiwifruit make a high-calcium drink.*

2 kiwifruit, sliced  
4 cups nonfat vanilla frozen yogurt

In a food processor or blender, combine the kiwifruit and yogurt. Process until smooth. Serve in tall glasses.

**Kitchen Hint:**  
--This recipe is infinitely variable. A few suggestions: chocolate frozen yogurt with strawberries, vanilla yogurt with peaches and banana yogurt with mango and papaya.

Makes four servings

**Nutritional Information**  
**per serving:**

- Calories 214  
- Fat 0.5 g  
- % of calories from fat 2  
- Protein 10 g  
- Carbohydrates 43.6 g  
- Dietary Fiber 0.7 g  
- Cholesterol 3 mg  
- Sodium 131 mg