

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