

FRUIT SMOOTHIE

Serving Size: 1 ½ Cups = 12 oz.

Protein: 8 grams

Ingredients:

	1 portion	2 portions	4 portions
Fruit Juice	½ Cup	1 Cup	2 Cups
Milk or yogurt	½ Cup	1 Cup	2 Cups
Banana	½ large	1	2
Non-fat dry Milk	¼ Cup	½ Cup	1 Cup

Directions:

1. Blend all ingredients in a blender until smooth.
2. You can use any combination of juice, fruit, or yogurt.
3. This offers a nice alternative to liquid supplements on the market because of the variety in flavor.

NOTE: You can always add ½ and ½ or whipping cream to increase fat calories to increase weight.

- ❖ Ice cream could be added for variety and increased calories.

Diabetic: Use unsweetened juices, calculate 2 fruit exchanges, 1 milk exchange

Low Sodium: OK

Low Fat/Low Cholesterol: Use non-fat yogurt and non fat milk

Bland: OK

Nutritional Analysis:

One 12 oz. serving equals 240cc fluid, 12 grams of protein, 320 calories if whole milk or regular yogurt is used.