

Yogurt Breakfast Shake

By Patricia Thompson, MS, RD, and Marlisa Brown, MS, RD, CDE, CDN

Servings: 4 (9 Ounces Per Serving)

This yogurt shake is easy to prepare, and you and your kids can drink it on the run.

Ingredients

- 1 8-ounce plain non-fat yogurt
- 1 6-ounce low-fat vanilla yogurt
- 1 ½ cups low-fat milk
- 1 cup strawberries
- 1 large banana, cut into 2-inch pieces
- 2 tablespoons ground flaxseed
- 2 tablespoons brown sugar
- 4 ice cubes

Directions

1. In a blender, process all ingredients, except ice cubes, until smooth.
2. Add the ice cubes and blend until the shake is frothy.
3. Add additional sweetener, if desired.

Cooking Tip

Other types of fruit and flavors of yogurt can be used to create your yogurt shake — even add nut butter. Make it your masterpiece based on the ingredients you have available at home.

Find more recipes and tips at kidseatright.org.

This recipe is reprinted in its entirety with permission by Kids Eat Right, a joint initiative from the Academy of Nutrition and Dietetics and Academy of Nutrition and Dietetics Foundation, which supports the efforts of the White House to end the childhood obesity epidemic within a generation.

Nutrition Facts	
Serving Size: 9 Ounces	
Amount per serving	
Calories 181	
	% Daily Value*
Total Fat	3g
Cholesterol	7mg
Sodium	115mg
Total Carbohydrate	30.5g
	Dietary Fiber 2.9g
Protein	9.6g
Calcium	326mg
Iron	less than 1 mg
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	