



Yogurt Shake

- (2) Pieces fresh fruit (1) lowfat yogurt
- (1) tbsp fiber supplement
- (2-4) tsp low fat cottage cheese
- (1-3) oz. fruit juice or low fat milk

Add all in blender until smooth.

Makes (1-2) good size shakes.

Adjust anything for servings, taste or thickness.

Calories – 250

Carbs – 43

Fat – 2

Protein – 15