

Pineapple Yogurt Shake

Adding skim milk powder is an easy way to add extra protein and calories to a smoothie. Try other fruit juices or other flavours of yogurt to add variety.



Ingredients:

¼ cup	3.25% homogenized milk	60 mL
¼ cup	Skim milk powder	60 mL
1 cup	Pineapple juice	250 mL
1 cup	Pineapple or vanilla Greek yogurt	250 mL
1 Tbsp	Honey	15 mL
	Crushed ice	

Directions:

1. Add all ingredients to a blender. Blend until smooth.

Makes 2 servings (310 mL/ 1 ¼ cup/ 315 g)

Nutrition Facts	
Per 1 recipe (310 mL/ 1 ¼ cup/ 315 g)	
Amount	% Daily Value
Calories 280	
Fat 3.5 g	5 %
Saturated 2 g	10 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 115 mg	5 %
Carbohydrate 47 g	16 %
Fibre 2 g	8 %
Sugars 45 g	
Protein 15 g	
Vitamin A	8 %
Vitamin C	30 %
Calcium	40 %
Iron	4 %

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