

Fresh Fruit Pudding Milk Mixer

3-1/2 cups skim milk

1 package (4 serving size) vanilla flavor instant no-added-sugar pudding mix

1 medium ripe banana, cut into chunks

1/2 cup strawberries

Place all ingredients in blender; cover. Blend 1 minute or until smooth. Serve immediately. Makes 4 servings.

Nutrition information per serving: 132 calories; 8 grams protein; 0 grams fat; 25 grams carbohydrate; 441 mg sodium