

Protein Goodness

1 pkt. Carnation Instant Breakfast® no-added-sugar
1/2 cup 100% apple juice
1/2 banana
3 fresh strawberries
1 pkt. Equal® sweetener
2 tbsp. nonfat dry milk

Put all ingredients into blender and blend on high until well mixed.
Add 1 cup ice and continue blending until smooth. Makes 1 serving.

Nutrition information per serving: calories 253; protein 8 grams; fat 2 grams; sodium 165 mg