

## **Tropical Frozen Shake**

1 banana, frozen, cut up if whole  
2 or 3 slices mango, frozen, sliced  
1/2 cup pineapple chunks, frozen  
1 cup low fat, no-added-sugar vanilla yogurt  
2 tsp. lemon juice  
1 cup skim milk

Freeze fruit for 30 minutes. Blend all ingredients in a blender until smooth.  
Makes 1 serving.

Nutrition information per serving: calories 224; protein 11 grams; fat 2 grams; sodium 145 mg

### **Variation**

Add nonfat dry milk for extra protein.