



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Out of this Whirled Shake



1/2 medium banana, peeled and sliced
1 cup unsweetened frozen blackberries (and/or strawberries, blueberries)
1/2 cup low fat (1%) milk or soft tofu
1/2 cup 100% orange juice

Instructions: Place all ingredients in a blender container. Cover tightly. Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again. Pour into 2 glasses and serve.

Yield: 2 servings

Nutrition Facts (per serving): 106 calories, 1 gram fat, 30 milligrams sodium, 23 grams carbohydrate, 2 grams fiber, 3 grams protein