

Berry Pineapple Fiesta

- 1 cup (250 ml) Milk
- 3/4 cup (175 ml) vanilla yogurt
- 1 cup (250 ml) strawberries
- 1/2 cup (125 ml) pineapple

Blend all ingredients until smooth.
Makes about 2 cups (500 ml).

Per serving of 1 cup (250 ml): 202 calories; 8.7 g protein;
33.9 g carbohydrate; 4.5 g fat; 290 mg calcium



Recipe provided by Dairy Farmers of Canada
www.dairygoodness.ca