



early childhood community development centre

Banana-Berry Wake-Up Shake

Ingredients - Makes 2 servings

- 1 banana
- 1 cup fresh or frozen berries (any combination)
- 1 cup milk or vanilla-flavored soy beverage
- $\frac{3}{4}$ cup lower-fat yogurt (vanilla or other flavor that complements berries)

Directions

1. In a blender, liquefy fruit with a small amount of the milk
2. Add remaining milk and yogurt; blend until smooth
3. If shake is too thick, add extra milk or soy beverage to achieve desired consistency

Source: Dietitians of Canada: Great Food Fast By: Bev Callaghan, RD, and Lynn Roblin, RD
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