



early childhood community development centre

Pineapple Sunrise Shake

Ingredients

- ½ cup pineapple chunks
- ½ cup orange juice
- ¾ cup vanilla fruit yogurt
- 1 tbsp skim milk powder

Directions

1. Put pineapple and orange juice in a blender and puree until fruit is smooth.
 2. Add remaining ingredients and blend until mixed thoroughly. Serve in tall glass or in an insulated coffee container to go.
- * Substitute ½ cup berries or any other fruit (e.g. peaches, mangoes) for the pineapple. Have the shake with a banana muffin or whole wheat bagel

Source: Suppertime Survival by: Lynn Roblin & Bev Callaghan
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