



## Kiwi-Lime Shake

Adapted from SOAR--the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>)

Yield: 2 servings

### Ingredients:

2 kiwi

1 large ripe banana

2 tablespoons lime juice

4 ice cubes

1½ cups skim (fat-free) milk

½ cup vanilla-flavored non-fat yogurt

### Procedure:

Peel kiwi and banana and cut into large chunks. Place fruit, lime juice and ice cubes in food processor or blender. Process until blended. Add milk and yogurt and process for another five to 10 seconds, scraping down sides of container with rubber spatula. Pour shake into two glasses and serve.

about 200  
calories and  
1.2 grams of  
fat per serving

**A generous serving (half the recipe) of Kiwi-Lime Shake is not only refreshing, it is also contains more than 4 grams of fiber, a full day's supply of vitamin C and one-third of the daily calcium recommendation.**