

## Fruit Milk Shake

Serving Size: 1 cup

Yield: 2



### Ingredients:

1 1/2 cups berries (frozen blueberries, sliced strawberries, or raspberries) - thawed  
4 - 5 slices each whole wheat bread - crusts removed  
1/2 teaspoon sugar (optional)\*  
each yogurt, lowfat vanilla (optional)

Serving Size

Yield: 2

### Instructions:

1. Combine the thawed berries and sugar (if you choose to use the sugar). Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Spoon in most of the berries. Add another layer of bread and continue until the dish is full, finish off with a layer of bread.
2. Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers. Refrigerate overnight. (Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.)
3. Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

**Note:** In summer fresh berries can be used.

## Fruit Milk Shakes (continued)

**Source:** <http://recipefinder.nal.usda.gov/index/php>

Nutrition Facts Per Serving: Serving Size 1/2 of recipe (386g), Calories 220, Total Fat 0.5g, Cholesterol 5 mg, Sodium, 170mg, Total Carbohydrate 43g, Protein 12g, Calcium 40%

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