



Kiwi-Lime Shake

Prep: 10 minutes • Makes: about 4 cups

- 2 ripe kiwis, peeled and cut into ½-inch pieces
- ½ cup low fat milk
- 3 tablespoons fresh lime juice
- 1 tablespoon chopped fresh mint leaves
- 1 teaspoon lime zest
- 4 cups frozen vanilla yogurt or ice cream

In blender, blend kiwis, milk, lime juice, mint and lime zest until smooth. Add frozen yogurt and blend until smooth.

*Approximate nutritional values per serving (1 cup):
239 Calories, 7g Fat (3g Saturated), 22mg Cholesterol,
85mg Sodium, 42g Carbohydrates, 1g Fiber, 6g Protein*