



Morning Fruit Drink

Serves 2

½ cup frozen mixed berries
1 cup skim milk
1 banana
¼ cup pasteurized egg whites
1 tablespoon honey

Blend ingredients together in a blender until smooth.

Nutritional Analysis

One Serving = 1 ½ cups

Calories	320
Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Carbohydrates	64 g
Fiber	6 g
Sugars	50 g
Protein	16 g

Diabetic Exchanges:

Protein	1
Fat	0
Carbohydrate	2