



## ***Bone Building Fruit Smoothie***

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|---------------------------------------|--|
| 1 cup (8 ounces) orange juice*        | 1 cup strawberries (fresh or frozen)   |
| 1 ripe banana, peeled and sliced      | 1 cup (8 ounces) lowfat vanilla yogurt |
| 1/2 cup blueberries (fresh or frozen) | 2 – 3 ice cubes (if desired)           |

Pour orange juice in blender container. Add banana slices, blueberries, strawberries, yogurt and ice cubes (if desired) to blender container. Blend on high until smooth. Pour into 2 glasses and enjoy.

\*Use calcium-fortified orange juice for an extra calcium boost



## ***Yogurt Pancakes***

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|---------------------------|---------------------------------------|
| 3/4 cup whole wheat flour | dash of salt, if desired              |
| 1/2 cup all-purpose flour | 1 cup plain lowfat or fat-free yogurt |
| 1 teaspoon baking powder  | 1/2 cup fat-free or 1% milk           |
| 1/2 teaspoon baking soda  | 2 eggs                                |
| vegetable cooking spray   |                                       |

Combine both flours, baking powder, baking soda and salt in a medium mixing bowl. Set aside. In a separate mixing bowl, combine yogurt, milk and eggs, mixing well. Add yogurt mixture to flour mixture and stir just until moist and combined (batter will be a little lumpy).

Spray a griddle or skillet (preferably nonstick) with vegetable cooking spray and heat over medium heat. Spoon about 1/4 cup batter into skillet for each pancake; spread slightly to make a circle of batter 1/4 inch thick. Cook until bubbles form on top of pancakes. Turn pancakes over and cook other sides until golden brown (takes less time than first side). Remove from skillet.



### **Nutrition Facts**

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Servings per recipe: 2

Amount per serving:

271 calories                      2 g fat (1g saturated fat)  
57 g carbohydrate 89 mg sodium  
7 g protein                      260 IU vitamin A (5% Daily Value)  
205 mg calcium\*\*0.9 mg iron  
85 mg vitamin C

\*\* 369 mg calcium/serving if use calcium-fortified orange juice

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### **Nutrition Facts** (based on lowfat yogurt and 1% milk)

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Servings per recipe: 4 (2 pancakes each)

Amount per serving:

221 calories                      4 g total fat (1.7 g saturated fat)  
34 g carbohydrate 384 mg sodium  
12 g protein                      262 IU Vitamin A (5% Daily Value)  
230 mg calcium                      2 mg iron

Try topping pancakes with fruit (berries, sliced peaches, applesauce, for example), instead of syrup, for extra flavor and a nutritional boost

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