

Bone Building Fruit Smoothie

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

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

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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Gale A. Buchanan, Dean and Director

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

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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