



Quick and Creamy Grape Shake

Serve this shake for a refreshing mid-morning snack.

Makes 4 servings.

1 cup per serving.

Prep time: 10 minutes

Ingredients

2 cups green or red seedless grapes

2 bananas, peeled and sliced

2 oranges, peeled and quartered

12-16 ice cubes, crushed

Preparation

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 139, Carbohydrate 36 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg