

Batidos de Frutas (Fruit Milk Shakes)

Tamano de Servido: 1/2 de receta, Rinde: 2 porciones

Ingredientes:

- 1 taza de leche o agua
- ½ taza de leche en polvo descremada
- 2 bananas (guineos) maduras o ⅓ taza de concentrado de jugo de naranja (china)
- ½ a 1 cucharadita de vainilla
- 10 a 12 cubos de hielo



Instrucciones:

1. Coloque los ingredientes en una licuadora. Mezcle entre 30 segundos y 1 minuto.

Precio:

Por Receta: \$ 0.75

Batidos de Frutas (continued)

Fuente: <http://recipefinder.nal.usda.gov/index/php>

Nutrition Facts Per Serving: Serving Size 1/2 of recipe (386g), Calories 220, Total Fat 0.5g, Cholesterol 5 mg, Sodium, 170mg, Total Carbohydrate 43g, Protein 12g, Calcium 40%

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