

Beverage

Brandied Berry Milk Shake

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Servings: 4

2 cups vanilla low-fat ice cream

1/2 cup blackberries

1/2 cup blueberries

1/2 cup strawberries, sliced

1/2 cup 1% low-fat milk

1/4 cup brandy

Place all of the ingredients in a blender.

Process until smooth.

Yield: 1 cup

Per Serving (excluding unknown items): 164 Calories; 3g Fat (22.2% calories from fat); 4g Protein; 23g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 73mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.