3-A-Day of Dairy Tackle It Today Recipes

3-A-Day of Dairy (DMI–347)

PUMPKIN YOGURT CHEESECAKE SHAKE

Recipe created by 3-A-Day™ of Dairy

Makes 6 servings
Prep time: 10 minutes

Ingredients:

1	can (14 ounces) pumpkin, chilled
3	ounces reduced-fat cream cheese
1	container (6 ounces) lowfat vanilla yogurt
2	cups lowfat milk
1/4	cup brown sugar
1/2	teaspoon vanilla extract
1/2	teaspoon cinnamon
1/8	teaspoon nutmeg
6	teaspoons graham cracker crumbs, optional

Place all ingredients (except graham cracker crumbs) in a blender and blend until smooth. Pour into glasses and top each serving with a teaspoon of graham cracker crumbs, if desired.

Yield: 1/6 of the shake, per serving

Nutritional Facts per serving for individual food recipe

Calories	150
Total Fat	3.5 g
Saturated Fat	2.5 g
Cholesterol	10 mg
Sodium	135 mg
Calcium	20% Daily Value
Protein	6 g
Carbohydrates	23 g
Dietary Fiber	2 g