

Fruity Fizz Shake

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1 can (12 oz.) cold Fresca® (diet grapefruit soda)

1 scoop [HMR® 120 Vanilla](#) (or one packet any vanilla HMR Shake mix)

1 banana, cut into chunks

1 cup frozen mixed berries (unsweetened)

1. Pour soda into a blender. Cover blender.
2. Begin mixing on lowest speed.
3. While blender is on, add shake mix and banana. Blend for 10 seconds.
4. Add frozen berries, a few at a time.
5. Continue blending until smooth.

Calories: 300

Fruit Servings: 2

Try Other Fruit Mix-ins:

Strawberries, peaches, cherries, pineapple, raspberries. You can also mix and match any of these fruits!