頁1

木瓜香蕉奶昔

Papaya and Banana Milkshake

（約2至3人份）

(serves about 2 to 3 persons)

材料

木瓜 1/2 杯

香蕉（大型） 1/2 條

脫脂奶1杯

低脂原味乳酪 1杯

（註：1杯 = 240 毫升）

烹調方法

‧將所有材料放入攪伴器內，打至幼滑後即可傾入杯中飲用。

Ingredients

Papaya - 1/2 cup

Banana - 1/2 large

Skimmed milk - 1 cup

Plain low-fat yogurt - 1 cup

(Remark: 1 cup = 240 ml)

Preparation Method

Place all ingredients in blender. Blend until smooth and serve in glasses

智「營」提示 Smart“Nutrition”Tips

‧鮮奶和乳酪提供豐富鈣質，但應選用低脂或脫脂產品，以免令奶昔變得高脂高熱量。

‧水果可隨意配搭，但建議選擇含豐富維生素C的水果，如芒果、士多啤梨和奇異果等，以協助鈣質的吸收。

‧Milk and yogurt make good supplies of calcium, but they should be low-fat or non-fat to avoid turning the milkshake into a high-fat and calorie-dense one.

‧You can choose any fruit you like for this milkshake but fruits rich in vitamin C are recommended to aid calcium absorption. Examples include mangoes, strawberries and kiwifruits.