

▶ **O.N.E.™ Tasty Shake** {Yield: 1 serving}

List of Ingredients

- 9 oz. of O.N.E.™
- ½ unit of skimmed natural yogurt
- 2 units (w/out seeds) Dries prunes
- 1 small Banana
- 5 drops of Liquid Diet Sweetener

Instructions

1. Put all ingredients in the blender. Serve ice cold.

Nutritional Values Per Serving:

Calories:	141.34 Kcal
Proteins:	5.3 Grams
Lipids:	0.62 Grams
Carbohydrates:	29.98 Grams
Fibers:	2.67 Grams