**Original Recipe**

**Ingredients:**
- 2-3 bananas (peeled and frozen)
- 8 ounces fruit yogurt
- 8 ounces pineapple juice
- 4 ounces vanilla soy milk
- 3 ounces fruit (any kind)
- 2 ounces vanilla yogurt
- 2 tablespoon wheat germ
- 2 tablespoons honey
- 1 package Knox gelatin

**Directions:**
1. Place all ingredients in a blender. Puree until combined and smooth. Serve chilled.

**Original Analysis per Serving:**
- Calories (kcal): 530
- Total Fat (g): 4
  - Saturated Fat (g): 1.5
  - Trans Fat (g): 0
- Cholesterol (mg): 10
- Sodium (mg): 135
- Carbohydrate (g): 117
  - Dietary Fiber (g): 9
  - Sugars (g): 81
- Protein (g): 12
- Vitamin A: 6%
- Calcium: 25%
- Vitamin C: 60%
- Iron: 10%

**Things to Consider:**
- Scaling back some of the ingredients (juice and yogurt) while eliminating others (soy milk and gelatin) simplifies the recipe and helps with the overall flavor, consistency and texture of the beverage.
- Increasing the amount of fruit and making it frozen fruit adds to the level of sweetness and consistency.
- Cutting out the honey reduces the sugar content.

**Modified Recipe**

**Ingredients:**
- 2 bananas
- 6 ounces pineapple juice
- 6 ounces frozen mixed berries
- 6 ounces fat-free vanilla yogurt
- 2 tablespoon wheat germ

**Directions:**
1. Place all ingredients in a blender. Puree until combined and smooth. Serve chilled.

**Modified Analysis per Serving:**
- Calories (kcal): 300
- Total Fat (g): 1
  - Saturated Fat (g): 0
  - Trans Fat (g): 0
- Cholesterol (mg): 0
- Sodium (mg): 70
- Carbohydrate (g): 68
  - Dietary Fiber (g): 8
  - Sugars (g): 46
- Protein (g): 8
- Vitamin A: 6%
- Calcium: 20%
- Vitamin C: 50%
- Iron: 8%