



Fruit Smoothie

Ingredients:

- 3 cups strawberries or other fruit, frozen
- 2 cups fat-free milk
- 1 large banana
- 1 cup low-fat yogurt (plain or vanilla)

Directions:

1. Defrost the frozen fruit just enough so that it will blend easily.
2. Pour the milk into the blender.
3. Add the pieces of frozen fruit to the milk in the blender.
4. Add the banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Be creative: Add any seasonal fresh fruit or frozen fruit to the smoothie.

Yields about 4 servings

Nutrition Facts			
Serving Size 1 cup (11.5 ounces)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	160	Calories from Fat	10
% Daily Value *			
Total Fat	1.5g		2%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	120mg		5%
Total Carbohydrate	29g		10%
Dietary Fiber	3g		13%
Sugars	19g		
Protein	8g		
Vitamin A	8%	Vitamin C	80%
Calcium	30%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

6.3% calories from fat

Nutrition facts based on standard recipe using low-fat plain yogurt and strawberries.

Source:

Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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