

Fruit Smoothie II

Prep time: 5 minutes

Makes: 4 Servings

This quick and easy smoothie uses any of your favorite frozen fruits. It makes enough for 4 servings.

Ingredients

3 cups strawberries, frozen (or other frozen fruit)

2 cups milk, low-fat

1 banana, large

1 cup 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.

Notes

- Strawberries, 1% milk, and low-fat vanilla yogurt used in nutrition analysis and costing.

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

Nutrients	Amount
Calories	178
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	10 mg
Sodium	100 mg
Total Carbohydrate	33 g
Dietary Fiber	4 g
Total Sugars	22 g
Added Sugars included	0 g
Protein	8 g
Vitamin D	40 IU
Calcium	293 mg
Iron	1 mg
Potassium	693 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1 cup
 Dairy	3/4 cup