



FRUITASTIC SUMMER SMOOTHIE BLAST

Serves: 2 | Serving Size: 1¼ cup | Per Serving: \$.75

INGREDIENTS

- ½ banana
- ½ cup frozen berries
- 1 (6-ounce) container strawberry yogurt

INSTRUCTIONS

1. Blend all ingredients well in blender.
2. Pour into your favorite glass and enjoy!

COOKING TIPS

- Be sure to wash your hands and fresh fruit before preparing.
- Can use over-ripe fruit.
- Freeze your smoothies in plastic cups and take them in your cooler for picnics.
- Use one cup of frozen or other fresh fruit instead of bananas and strawberries.
- If you enjoy this recipe try these other smoothie options, [Orange Smoothie](#) and [Fruit Smoothies](#).

Nutrition Facts	
Serving Size about 1 1/4 cups	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 31g	
Protein 4g	
Vitamin A 2%	• Vitamin C 110%
Calcium 15%	• Iron 2%

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