



Build Strong Bones



EFNEP

Expanded Food and Nutrition Education Program

Fruit Smoothie

Makes: 4 (1 cup) servings

Preparation Time: 5 minutes

Ingredients

3 cups strawberries or other fruit, frozen

2 cups milk

1 large banana

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.

Be Creative!

Add any seasonal fresh fruit or frozen fruit to the smoothie.

Eat Smart: Focus on Fruit!

Nutrition Facts

Serving Size 1 cup (318g)
Servings Per Container 4

Amount Per Serving

Calories 180 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 105mg **4%**

Total Carbohydrate 30g **10%**

Dietary Fiber 4g **16%**

Sugars 22g

Protein 9g

