

FRUIT SMOOTHIES

Makes 2 servings

Serving Size: 1 cup



Choose 1/2 cup of a fruit

- Bananas
- Peaches
- Strawberries
- Blueberries

Choose 1 cup of a base

- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Frozen juice concentrate, such as apple or orange
- Frozen fruit
- Ice cubes

Choose 1/2 cup of a liquid

- Low-fat or fat-free milk
- 100% fruit juice
- Calcium-fortified soy milk

Example 1

- 1/2 cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

Example 2

- 1/2 cup banana
- 1 cup frozen orange juice
- 1/2 cup low-fat milk

Example 3

- 1/2 cup blueberries
- 1 cup low-fat frozen vanilla yogurt
- 1/2 cup orange juice



Eat Smart


Directions

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

Nutrition information Per Serving

140 Calories
Total Fat 2 g
Saturated Fat 1 g
Protein 8 g
Total Carbohydrate 23 g
Dietary Fiber <1 g
Sodium 115 mg

 **Excellent Source of Vitamin C**

 **Excellent Source of Calcium**

Recipe analyzed according to Example 1. Nutritional value will vary with choices made.

