FRUIT SMOOTHIE

SERVES 1

INGREDIENTS

1 cup of low-fat vanilla yogurt
1 medium banana
3/4 cup of berries (frozen)

DIRECTIONS

1. Place ingredients in food processor or blender
2. Blend on medium speed until well blended

NUTRITION INFORMATION:

Calories: 312
Fat: 4.2 grams (g)
Saturated Fat: 2.6 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 15 milligrams (mg)
Carbohydrates: 57 grams (g)
Dietary Fiber: 6.8 grams (g)
Protein: 14.1 grams (g)
Sodium: 173 milligrams (mg)
Vitamin A 4%
Calcium 47%
Vitamin C 65%
Iron 6%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/14)