GRAPES JUICE SMOOTHIE

SERVES 2

INGREDIENTS

1 cup grapefruit juice
1 cup frozen berries
2 medium bananas, sliced
8 ounces strawberry-banana yogurt
4 or 5 ice cubes (optional)

DIRECTIONS

1. Place all ingredients in blender and blend until smooth.

NUTRITION INFORMATION:

- Calories: 188
- Fat: 1.0 grams (g)
- Saturated Fat: 0 grams (g)
- Trans Fat: 0 grams (g)
- Cholesterol: 3 milligrams (mg)
- Carbohydrates: 44.5 grams (g)
- Dietary Fiber: 4.9 grams (g)
- Protein: 3.2 grams (g)
- Sodium: 30 milligrams (mg)
- Vitamin A: 15%
- Calcium: 7%
- Vitamin C: 59%
- Iron: 3%

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