

# 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%

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