



Fruit Smoothie

Makes: 6 servings (1 cup per serving)

Preparation Time: 5 minutes

Ingredients

- 3 cups frozen strawberries or other frozen fruit
- 1 banana
- 1 cup yogurt (plain or vanilla)
- 1 handful of spinach or kale (optional)
- 2 cups milk

Directions

1. Wash fresh produce.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Add the fruit, yogurt, and kale or spinach (if using) to the blender.
4. Pour the milk into the blender.
5. Blend for about 30 to 45 seconds until smooth.
6. Refrigerate leftovers within 2 hours. Drink within 2 days.*

* These can also be made ahead of time and frozen. Thaw overnight in the refrigerator for a quick breakfast.

Be creative! Add any fresh or frozen fruit to the smoothie. If using only fresh fruit, you will need to add a few ice cubes before blending. Be sure to wash fresh fruit before using.

Nutrition Facts	
4 servings per container	
Serving size	1 Cup (408g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	4%
Sodium 105mg	4%
Total Carbohydrate 61g	22%
Dietary Fiber 4g	14%
Total Sugars 54g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 1mcg	4%
Calcium 277mg	20%
Iron 1mg	6%
Potassium 619mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	