



Banana Berry Smoothie

Ingredients

- 2 bananas, peeled
- 1 cup frozen berries
- 1 cup low-fat vanilla yogurt
- $\frac{3}{4}$ cup 1% milk or unsweetened soy milk
- $\frac{1}{2}$ cup ice cubes (optional)

Directions

1. In a blender, combine bananas, frozen berries, yogurt, and milk (or soy milk). Blend until smooth.
2. To make a frostier smoothie, add a few ice cubes and blend until smooth.

Nutrition Facts

Serving Size 1 serving (234.29g)
Servings Per Container 4

Amount Per Serving

Calories 140 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat

Cholesterol 5mg **2%**

Sodium 60mg **3%**

Total Carbohydrate 29g **10%**

Dietary Fiber 3g **12%**

Sugars 21g

Protein 5g

Vitamin A 4% • Vitamin C 10%

Calcium 15% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.