

Healthy Children, Healthy Family

Banana Berry Smoothie



Makes: 3 servings of 6 oz each

Preparation time: 10 minutes

Ingredients:

- 1 cup strawberries, washed and sliced
- ½ banana
- ½ cup low-fat plain or vanilla yogurt
- ½ low fat milk
- ½ cup fresh spinach leaves
- 2-3 ice cubes

Instructions:

- 1) Combine fruit, yogurt, spinach, ice cubes, and milk in blender.
- 2) Blend all ingredients well. Serve immediately.



Nutrition Facts

Serving Size (153g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories 70	Calories from Fat 0		
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 45mg			2%
Total Carbohydrate 14g			5%
Dietary Fiber 2g			8%
Sugars 9g			
Protein 4g			
Vitamin A 8%		Vitamin C 60%	
Calcium 10%		Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to
