



Banana Berry Smoothie

Servings:

4

Ingredients:

- 2 bananas
- 2 cups berries, washed
- 1 ½ cups of low-fat yogurt, any flavor
- 1 cup orange juice
- ½ cup ice cubes

Directions:

1. Peel bananas, and break into large pieces.
2. Put bananas, berries, yogurt, and orange juice and ice in blender.
3. Blend to combine. If smoothie seems too thick to pour easily, add more orange juice and blend again briefly.
4. Pour into 4 cups to serve.

Tip: Makes a great breakfast on the go, or a super snack!

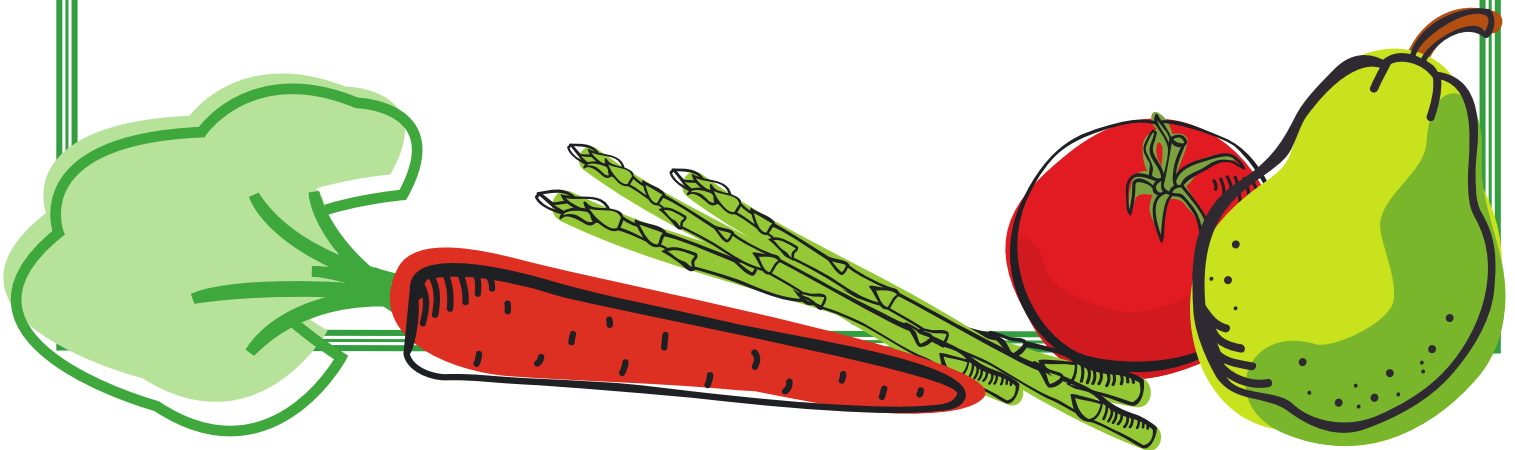
Nutrition Facts

Serving Size 1 cup (275g)
 Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 5g	
Vitamin A 4%	Vitamin C 110%
Calcium 15%	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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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