



Breakfast Smoothie

Servings: 1
Serving Size: 1 cup

Ingredients:

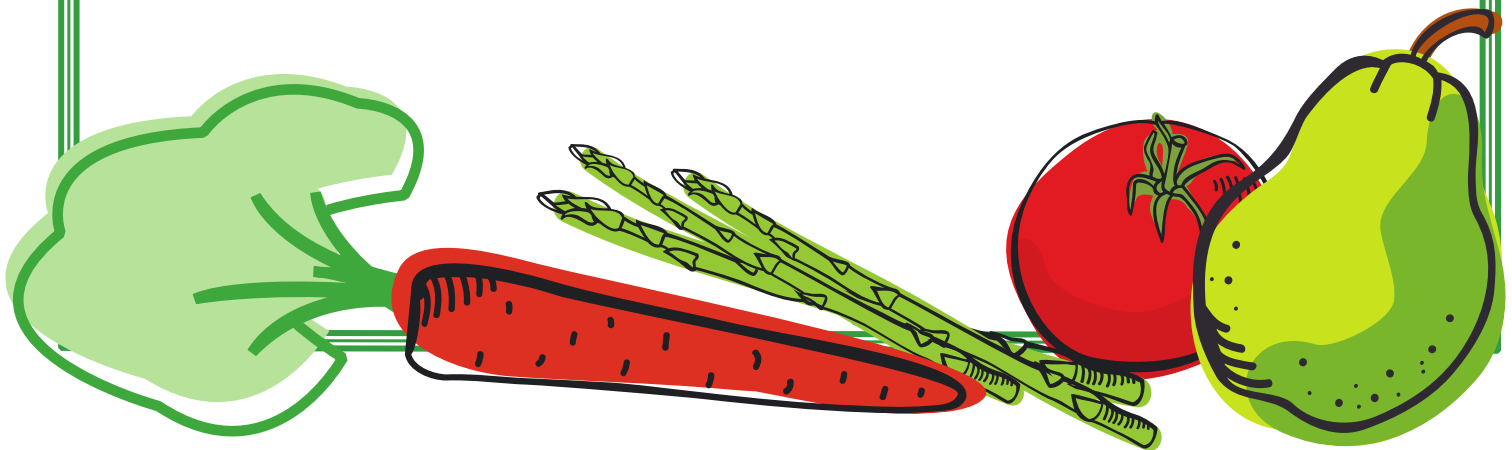
1/2 cup low-fat milk. (Substitute any fresh or frozen fruits or 100% fruit juice).
 3-5 frozen strawberries
 1/2 banana

Directions:

1. Place the milk, strawberries, and half a banana in a blender.
2. Blend for 30 seconds.

Nutrition Facts

Serving Size 1 cup		Servings Per Container 1	
Amount Per Serving			
Calories 170	Calories from Fat 5		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 75mg			3%
Total Carbohydrate 37g			12%
Dietary Fiber 3g			12%
Sugars 25g			
Protein 5g			
Vitamin A 6%		Vitamin C 110%	
Calcium 20%		Iron 8%	
*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
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



For more recipes: www.eatsmart.umd.edu

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