



Frozen Berry Smoothie

Try replacing some, or all, of the orange juice with water to cut down on the sweetness.

<u>U.S.</u>		<u>Metric</u>
2 cups	Frozen Berries (blueberry, strawberry, raspberry, etc.)	226 g
1 cup	Orange Juice	237 mL
1 cup	Yogurt, plain, low fat	237 mL
1 each	Banana, frozen	1 each

Preparation:

1. Gather all ingredients and equipment.
2. Blend ingredients in a blender or food processor until smooth. Add water as needed to reach desired consistency.

Nutrition Facts

2 Servings

Serving size **16 ounces**

Amount per serving

Calories **250**

Calories from Fat 10

Total Fat 1 q

 Saturated Fat 0 q

 Trans Fat 0 q

 Monounsaturated Fat 0 q

Cholesterol 5 mg

Sodium 95 mg

Total Carbohydrate 53 q

 Dietary Fiber 7 q

 Total Sugars 37 q

 Includes 0g Added Sugars

Protein 10 q

Vitamin D 0 %

Calcium 25 %

Iron 4 %

Potassium 940 mg

Phosphorus 225 mg
