



Strawberry Banana Smoothie (Large Font)

An easy, on-the-go breakfast that adults and kids love!

****Multiply Recipe by 4****

U.S.		Metric
1 each	Banana, overripe, peeled, frozen	1 each
1 cup	Strawberries, frozen	149 g
1/4 cup	Orange Juice	60 mL
1/4 cup	Yogurt, Plain, low-fat	56 g

Preparation:

1. Gather all ingredients and equipment.
2. Keep banana and strawberries frozen until ready to use.
3. Place all ingredients in a blender and puree until smooth. If too thick, add more orange juice, 2 tablespoons at a time.
4. Enjoy immediately!

Nutrition Facts	
Serving size	1 smoothie
Servings	1
Calories	190
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	50 mg
Carbohydrates	47 g
Dietary Fiber	5 g
Sugars	31 g
Protein	5 g
Vitamin A	2 %
Calcium	15 %
Vitamin C	50 %
Iron	0 %
Phosphorus	106 mg
