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

**Multiply Recipe by 2 for Class**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 each</td>
<td>1 each</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>150 g</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>60 mL</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>56 g</td>
</tr>
</tbody>
</table>

**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 smoothie is too thick, add water or orange juice 2 tablespoons at a time, and continue to blend until smooth.
4. Enjoy immediately!

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>1 smoothie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size</td>
<td>1 smoothie</td>
</tr>
</tbody>
</table>

- **Calories**: 200
- **Calories from Fat**: 0
- **Total Fat**: 2 g
  - Saturated Fat: 1.5 g
  - Trans Fat: 0 g
  - Monounsaturated Fat: 0 g
- **Cholesterol**: 5 mg
- **Sodium**: 35 mg
- **Total Carbohydrate**: 47 g
  - Dietary Fiber: 5 g
  - Total Sugars: 32 g
  - Includes 0g Added Sugars
- **Protein**: 4 g
- **Vitamin D**: 0 %
- **Calcium**: 0 %
- **Iron**: 0 %
- **Potassium**: 545 mg