



Strawberry Banana Smoothie (Large Font)

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

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

U.S.

1 each	Banana, overripe, peeled, frozen
1 cup	Strawberries, frozen
1/4 cup	Orange Juice
1/4 cup	Yogurt, Plain, low-fat

Metric

1 each
149 g
60 mL
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