

Batida de Fruta

Ingredientes:

- 3 tazas de fresas o otra fruta, congeladas
- 2 tazas de leche descremada
- 1 banano grande
- 1 taza de yogur-bajo en grasa (simple o de vainilla)

Instrucciones:

1. Descongele la fruta congelada lo suficiente para que se mezcle fácilmente.
2. Eché la leche en la licuadora.
3. Añadir los trozos de fruta congelada a la leche en la licuadora.
4. Añadir el banano y el yogur
5. Mezcle hasta que quede suave-unos 30-45 segundos

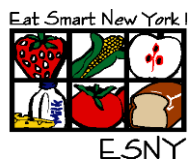
Sea creativo: Agregue fruta fresca de temporada o fruta congelada para el batido.

Rinde: 4 porciones

Source:

Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Nutrition Facts			
Serving Size 1 cup (11.5 ounces)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	160	Calories from Fat	10
% Daily Value *			
Total Fat	1.5g		2%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	120mg		5%
Total Carbohydrate	29g		10%
Dietary Fiber	3g		13%
Sugars	19g		
Protein	8g		
Vitamin A	8%	Vitamin C	80%
Calcium	30%	Iron	6%
* 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:	2000	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
6.3% calories from fat			
Nutrition facts based on standard recipe using low-fat plain yogurt and strawberries.			



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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