



**Cornell University**  
 Cooperative Extension  
 New York City



## Fruit Smoothie

### Ingredients:

- 3 cups strawberries or other fruit, frozen
- 2 cups fat-free milk
- 1 large banana
- 1 cup low-fat yogurt, plain or vanilla

### Directions:

1. Defrost the frozen fruit just enough so that it will blend easily.
2. Pour the milk into the blender.
3. Add the pieces of frozen fruit to the milk in the blender.
4. Add the banana and yogurt.
5. Blend until smooth for about 30 - 45 seconds.

**Be creative:** Add any seasonal fresh fruit or frozen fruit to the smoothie.

*Yields about 4 servings*

## Nutrition Facts

servings per container  
**Serving size** 1 1/3 cup (324g)

Amount per serving  
**Calories** **150**

	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 19g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 1mcg	6%
Calcium 268mg	20%
Iron 1mg	6%
Potassium 477mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Source:** Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP



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

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