



FRUIT SMOOTHIE

Yield: 4 Servings | Serving Size: 1 cup

Ingredients: \$0.98

- 3 cups frozen strawberries or other frozen fruit
- 1 banana
- 1 cup yogurt (plain or vanilla)
- 1 handful of spinach or kale (optional)
- 2 cups milk

Directions:

- 1) Wash fresh produce.
- 2) Collect and measure all ingredients before starting to prepare the recipe.
- 3) Add the fruit, yogurt, and kale or spinach (if using) to the blender.
- 4) Pour the milk into the blender.
- 5) Blend for about 30 to 45 seconds until smooth.
- 6) Refrigerate leftovers within 2 hours. Drink within 2 days. *

* These can also be made ahead of time and frozen. Thaw overnight in the refrigerator for a quick breakfast.

Be creative! Add any fresh or frozen fruit to the smoothie. If using only fresh fruit, you will need to add a few ice cubes before blending. Be sure to wash fresh fruit before using.

Nutrition Facts

4 servings per container

Serving size 1 Cup (408g)

Amount Per Serving	
Calories	290
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 105mg	4%
Total Carbohydrate 61g	22%
Dietary Fiber 4g	14%
Total Sugars 54g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 1mcg	4%
Calcium 277mg	20%
Iron 1mg	6%
Potassium 619mg	15%

*The % Daily Value (DV) 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.



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