



A Nutrition Resource



# RAZZLE DAZZLE SMOOTHIE

**Yield: 6 Servings**

**Cost/Serving: \$0.77**

**Ingredients:**

- 1 1/2 cups fat-free milk
- 3 cups vanilla yogurt, low-fat
- 1 1/2 cups mixed berries, frozen
- 1 banana, frozen

**Directions:**

1. Collect and measure all Ingredients,
2. Add the fruit and yogurt to the blender.
3. Pour the milk Into the blender.
4. Blend for about 30-45 seconds until smooth.
5. Refrigerate leftovers Immediately. Drink within 2 days\*

Note: \*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, add a few Ice cubes before blending. Be sure to wash fresh fruit before using.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup (0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 25g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 9g	
Vitamin D 0.8mcg	4%
Calcium 340mg	25%
Iron 0.4mg	2%
Potassium 440mg	10%
<small>* 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.</small>	

Source: MT Harvest of the Month and New England Dairy and Food Council



**This Institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

