

FRUIT SMOOTHIE

INGREDIENTS

- 1 cup **low-fat milk**
- 2 ripe medium **bananas**
- 1 (16 ounce) bag **frozen strawberries**

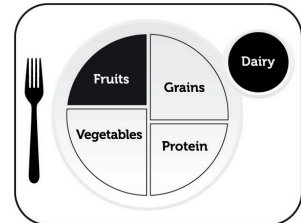
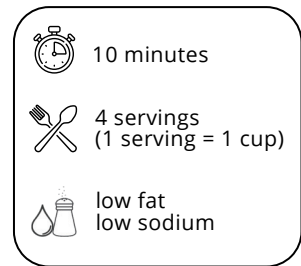
DIRECTIONS

Always practice food safety when cooking.

- 1) In a blender, add milk and bananas.
- 2) Blend on medium setting for 30 seconds.
- 3) Add half of frozen strawberries and blend on high setting until fruit is blended smoothly.
- 4) Add second half of frozen strawberries and blend on high again until fruit is blended smoothly.
- 5) Serve immediately.

NOTES

- Other frozen fruits such as tropical fruit mixes, berry mixes, or peaches may be used in place of the strawberries.
- Other fresh fruits such as mango and dragonfruit may be used in place of the bananas.
- Vegetables such as kale, celery, or spinach could be added.
- Dairy alternatives such as fortified soy milk could be used.
- Poi can be added.
- Low-fat yogurt can also be added.



Nutrition Facts	
4 servings per container	
Serving size	1 cup (233g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 95mg	8%
Iron 0mg	0%
Potassium 478mg	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.