

STRAWBERRY BANANA SMOOTHIE

MAKES 2

INGREDIENTS



1 BANANA

+



1 CUP

STRAWBERRIES

+



1 CUP MILK OF CHOICE
OR WATER OR 100% JUICE

INSTRUCTIONS

1. Wash and peel banana.
2. Wash and remove stems from strawberries.
3. Place all ingredients in a blender.
4. Blend until smooth..



Nutrition Facts

Servings: 2

Amount per serving

Calories

127

% Daily Value*

Total Fat 1.6g

2%

Saturated Fat 0.8g

4%

Cholesterol 6mg

2%

Sodium 55mg

2%

Total Carbohydrate 25.1g

9%

Dietary Fiber 3g

11%

Total Sugars 17.1g

Protein 5.2g

Vitamin D 63mcg

317%

Calcium 160mg

12%

Iron 0mg

3%

Potassium 504mg

11%



***Nutrition facts for this recipe uses low-fat milk**

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