



# Strawberry Banana Smoothie

4 Servings • 1 Serving = 1 Cup

## INGREDIENTS

- 1 (14 ounce) package of frozen strawberries and bananas (no sugar added)
- 1 cup low-fat vanilla frozen yogurt
- 1 ½ cups 1% milk

## DIRECTIONS

1. Add the frozen fruit, frozen yogurt, and milk to the blender.
2. Blend until mixture is smooth.

## Nutrition Facts

servings per container

**Serving size** (244g)

**Amount per serving**

**Calories** **180**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 25mg **8%**

**Sodium** 65mg **3%**

**Total Carbohydrate** 29g **11%**

Dietary Fiber 1g **4%**

**Total Sugars** 25g

Includes 0g Added Sugars **0%**

**Protein** 10g

Vitamin D 0mcg **0%**

Calcium 218mg **15%**

Iron 0mg **0%**

Potassium 137mg **2%**

\*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.

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