

# Super Berry Smoothie

2 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- ½ small frozen banana
- ½ cup frozen strawberries
- ½ cup nonfat plain Greek yogurt
- 1 cup 1% milk
- ¼ teaspoon ground cinnamon

## DIRECTIONS

1. Add all ingredients into a blender or food processor.
2. Blend until smooth, adding water if the mixture is too thick.

## Nutrition Facts

2 servings per container  
**Serving size** 1 cup (245g)

Amount per serving  
**Calories** **120**

	% Daily Value*
<b>Total Fat</b> 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 225mg	15%
Iron 0mg	0%
Potassium 424mg	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.

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