

# Banana Berry Blast

6 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 2 cups frozen mixed berries (no added sugar)
- 2 cups nonfat plain Greek yogurt
- 2 cups 1% milk
- 1 banana

## DIRECTIONS

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

## Nutrition Facts

6 servings per container

**Serving size** 1 cup

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

**% Daily Value\***

**Total Fat** 1g 1%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 65mg 3%

**Total Carbohydrate** 16g 6%

Dietary Fiber 2g 7%

Total Sugars 12g

Includes 0g Added Sugars 0%

**Protein** 11g

Vitamin D 1mcg 6%

Calcium 192mg 15%

Iron 0mg 0%

Potassium 298mg 6%

\*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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