

# Blueberry Banana Smoothie

2 Servings • 1 Serving = ½ Cup (6 Ounces)



## INGREDIENTS

- 1 medium ripe banana
- ½ cup vanilla Greek yogurt
- 1 cup fresh or frozen blueberries
- 4 Tablespoons water

## DIRECTIONS

1. Add all ingredients into a blender and blend until smooth.
2. If using frozen blueberries, add additional water to thin out to desired consistency.

## Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>3/4 cup (219g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 20g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 0mg	0%
Potassium 332mg	8%
<small>*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.</small>	

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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