

Strawberry Banana Smoothie

Ingredients:

- 1 cup of plain fat-free yogurt
- 2 cups unsweetened frozen strawberries
- 1 banana, cut into pieces
- 1 cup skim or 1% milk
- 1 cup ice
- 1 tsp honey or sugar

Directions:

1. Blend all ingredients together until smooth and serve
2. Makes approximately five 8 oz. servings

Nutrition Information (per serving):

Calories: 104 Carbohydrate: 21 grams
Protein: 5 grams Fiber: 3 grams
Fat: 0 grams



Mixed Fruit and Banana Smoothie

Ingredients:

- 1 cup skim or 1 % milk
- 2 cups unsweetened frozen mixed fruits
- 1 banana
- 1 tsp honey
- 1 cup of ice (unless fruit is very frozen)

Directions:

1. Blend all ingredients together until smooth and serve
2. Makes approximately four 8 oz. servings

Nutrition Information (per serving):

Calories: 91 Carbohydrate: 21 grams
Protein: 3 grams Fiber: 2 grams
Fat: 0 grams



Mango Smoothie

Ingredients:

- 2 mangos, diced and frozen
- 1 ¹/₂ cups fat-free plain yogurt
- 1 cup ice
- 1/2 cup water
- 1 tsp honey or sugar

Directions:

1. Blend all ingredients together until smooth and serve
2. Makes approximately four 8 oz. servings

Nutrition Information (per serving):

Calories: 123 Carbohydrate: 26 grams
Protein: 6 grams Fiber: 2 grams
Fat: 0 grams



Experiment by adding your favorite fruit or try some new fruits and make your own perfect smoothie!

