

Eat Smart • Move More

Banana Berry Smoothie

Prep Time: 5 minutes
Total Time: 10 minutes



Ingredients

- 2 bananas, sliced
- 1 cup frozen berries
- 1 cup low-fat vanilla yogurt
- ¾ cup 1% milk
- ½ cup ice (optional)



Directions



1. In a blender, combine bananas, frozen berries, yogurt, and milk. Blend until smooth.



2. For a thicker smoothie, add ice and blend until smooth.

Quick Tips

- You can use skim milk or fortified soy milk.
- Try adding a handful of baby spinach for extra veggies!
- Kids love smoothies for snacks or breakfast.

Nutrition Facts

4 servings per container	
Serving size	1 serving
	(234.29g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 21g	
Includes g of Added Sugars	
Protein 5g	
Vitamin D 1mcg	2%
Calcium 169mg	15%
Iron 0mg	0%
Potassium 435mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe from Eat Smart, Be Fit Maryland, as listed at: www.eatsmart.umd.edu.)

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