

# Eat Smart • Move More

## Licuido de Banana y Frutos del Bosque

Tiempo de Preparación: 5 minutos

Tiempo Total: 10 minutos



### Ingredientes

- 2 bananas, en rodajas
- 1 taza de frutos del bosque, congelados
- 1 taza de yogurt reducido en grasa
- ¾ taza de leche al 1%
- ½ taza de hielo (opcional)

### Nutrition Facts

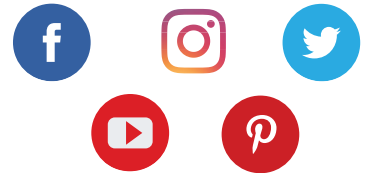
4 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(234.29g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>140</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	1.5g	<b>2%</b>
Saturated Fat	1g	<b>5%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	60mg	<b>3%</b>
<b>Total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

\*The % Daily Value (DV) 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.

### Consejos Rápidos

- ▶ Usted puede utilizar leche desnatada o leche de soya fortificada.
- ▶ ¡Intente agregar un puñado de espinaca bebé como vegetales extra!
- ▶ Los niños adoran los licuados como colaciones o para el desayuno.

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### Preparación

- En una licuadora, combinar las bananas, los frutos del bosque congelados, el yogurt y la leche. Licuar hasta lograr una consistencia pareja.
- Para lograr un licuado más espeso, agregar hielo y licuar hasta obtener una consistencia pareja.

(Receta adaptada de Eat Smart, Be Fit Maryland, detallada en [eatsmart.umd.edu](http://eatsmart.umd.edu))

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