



A Nutrition Resource

# CREATE YOUR OWN SMOOTHIE

**Yield: 1 Serving | Serving Size: 2 cups**

**Cost/serving: \$1.10\***

### Ingredients:

1 cup 100% juice (orange, grape, pineapple, or banana)

1/2 cup nonfat or low-fat milk

Ice cubes

or

3/4 cup juice

1/2 cup low-fat vanilla or plain yogurt

1/2 cup canned peaches or fresh fruit

Try different combinations with ingredients you have on hand. Some ingredient options include:

- Banana (fresh or frozen)
- Berries (fresh or frozen)
- Cinnamon
- Vanilla
- Non-dairy milk
- Peanut butter or other nut butter
- Spinach

### Directions:

1) Blend all ingredients.

### Options if you don't have a blender:

Put ingredients in a bowl and mix with an electric or hand beater. Put ingredients in a pitcher or a jar with a tight-fitting lid and shake.

\*Pricing varies by fruits used

## Nutrition Facts

1 servings per container

**Serving size 2 cups (478g)**

Amount per serving

**Calories 160**

% Daily Value\*

**Total Fat 0g 0%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 60mg 3%**

**Total Carbohydrate 35g 13%**

Dietary Fiber 1g 4%

Total Sugars 27g

Includes 0g Added Sugars 0%

**Protein 6g**

Vitamin D 0mcg 0%

Calcium 180mg 15%

Iron 0mg 0%

Potassium 635mg 15%

\*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.



**Note:** Frozen fruit will make the smoothie thicker. Nutrition Facts label shows information for 1 cup orange juice, 1/2 cup nonfat milk, and ice cubes.

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