



A Nutrition Resource



# FRUIT SMOOTHIE

**Yield: 4 Servings | Serving Size: 1 cup**

**Ingredients: \$1.06**

3 cups frozen strawberries or other frozen fruit

1 banana

1 cup yogurt (plain or vanilla)

1 handful of spinach or kale (optional)

2 cups milk

### Directions:

- 1) Wash fresh produce.
- 2) Collect and measure all ingredients before starting to prepare the recipe.
- 3) Add the fruit, yogurt, and kale or spinach (if using) to the blender.
- 4) Pour the milk into the blender.
- 5) Blend for about 30 to 45 seconds until smooth.
- 6) Refrigerate leftovers within 2 hours. Drink within 2 days. \*

\* These can also be made ahead of time and frozen. Thaw overnight in the refrigerator for a quick breakfast.

**Be creative!** Add any fresh or frozen fruit to the smoothie. If using only fresh fruit, you will need to add a few ice cubes before blending. Be sure to wash fresh fruit before using.

## Nutrition Facts

4 servings per container

**Serving size** 1 Cup (408g)

**Amount Per Serving**  
**Calories** 290

% Daily Value\*

**Total Fat** 4g 5%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 15mg 4%

**Sodium** 105mg 4%

**Total Carbohydrate** 61g 22%

Dietary Fiber 4g 14%

Total Sugars 54g

Includes 0g Added Sugars 0%

**Protein** 8g 16%

Vitamin D 1mcg 4%

Calcium 277mg 20%

Iron 1mg 6%

Potassium 619mg 15%

\*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.



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