

Fruit Smoothie

Makes: 4 (1-cup) servings
Preparation Time: 5 minutes

Ingredients

3 cups strawberries or other fruit, frozen
2 cups milk
1 large banana
1 cup yogurt (plain or vanilla)

Directions

1. Defrost the frozen fruit just enough so that it will blend easily.
2. Pour the milk into the blender.
3. Add the pieces of frozen fruit to the milk in the blender.
4. Add the banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Be creative!

Add any seasonal fresh fruit or frozen fruit to the smoothie.

Eat smart: focus on fruit!



Nutrition Facts	
Serving Size 1 cup (318g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 22g	
Protein 9g	

Materials provided by the University of Arkansas Division of Agriculture Cooperative Extension Service

University of Arkansas, United States Department of Agriculture, County Governments Cooperating
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.