

FRUIT SMOOTHIES

Makes 2 servings
Serving Size: 1 cup

Choose 1/2 cup of a fruit

- Bananas
- Peaches
- Strawberries
- Blueberries

Choose 1 cup of a base

- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Undiluted frozen juice concentrate, such as apple or orange
- Frozen fruit
- Ice cubes

Choose 1/2 cup of a liquid

- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice



Eat Smart

Example 1

- 1/2 cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

Example 2

- 1/2 cup banana
- 1 cup frozen orange juice
- 1/2 cup low-fat milk

Example 3

- 1/2 cup blueberries
- 1 cup low-fat frozen vanilla yogurt
- 1/2 cup orange juice

Directions

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

Nutrition information Per Serving

110 Calories
Total Fat 1.5 g
Saturated Fat 1 g
Protein 8 g
Total Carbohydrate 14 g
Dietary Fiber 1 g
Sodium 115 mg



Excellent Source of Vitamin C



Excellent Source of Calcium

Recipe analyzed according to Example 1.

Nutritional value will vary with choices made.



NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH