

Nutty Monkey Smoothie

2 servings

Dairy foods like milk, cheese, and yogurt are rich in calcium, protein, and vitamins to help build strong bones and teeth. Eating dairy foods can lower your risk of developing a disease called osteoporosis that occurs when bones become weak and break easily. Choose low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

- 1 frozen banana
- 1/2 cup vanilla low-fat yogurt
- 1 cup fat-free milk
- 2 Tablespoons peanut butter
- Pinch of cinnamon (optional)

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Blend until smooth.
4. Garnish with a few slices of banana and cinnamon, if desired. Enjoy!



Nutrition Information per Serving (1/2 of recipe): Calories 220, Total Fat 9g, Saturated Fat 1.5g, Cholesterol 5mg, Sodium 140mg, Total Carbohydrates 28g, Fiber 3g, Total Sugars 20g, includes 3g of added Sugars, Protein 11g, Vitamin D 6%, Calcium 20%, Iron 0%, Potassium 15%.