

A Smoothie for Your Sweetheart

1 serving

Fruit makes this smoothie a good source of fiber. Adults should aim to consume 25-30 grams of fiber per day.



- ¼ cup low fat yogurt (vanilla or strawberry)
- ½ cup frozen strawberries
- ½ frozen banana
- ⅓ cup fat-free milk

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

Nutrition Information per Serving: Calories 160, Total Fat 1g, Saturated Fat 0.5g, Cholesterol 5mg, Sodium 75mg, Total Carbohydrates 33g, Fiber 3g, Total Sugars 23g, includes 4g Added Sugars, Protein 7g.