



## Strawberry Banana Smoothie

An easy, on-the-go breakfast that adults and kids love!

**\*\*Multiply Recipe by 2 for Class\*\***

### U.S.

1 each	Banana, overripe, peeled, frozen
1/2 cup	Strawberries, frozen
1/4 cup	Orange Juice
1/4 cup	Yogurt, Plain, low-fat

### Metric

1 each
150 g
60 mL
56 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Keep banana and strawberries frozen until ready to use.
3. Place all ingredients in a blender and puree until smooth. If smoothie is too thick, add water or orange juice 2 tablespoons at a time, and continue to blend until smooth.
4. Enjoy immediately!

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## Nutrition Facts

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1 Servings

**Serving size**                      **1 smoothie**

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**Amount per serving**

**Calories**                              **200**

Calories from Fat                      0

**Total Fat**                              2 g

    Saturated Fat                      1.5 g

    Trans Fat                              0 g

    Monounsaturated Fat              0 g

**Cholesterol**                          5 mg

**Sodium**                                  35 mg

**Total Carbohydrate**              47 g

    Dietary Fiber                      5 g

    Total Sugars                      32 g

        Includes 0g Added Sugars

**Protein**                                  4 g

Vitamin D                              0 %

Calcium                                  0 %

Iron    0 %

Potassium                              545 mg

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