



#UAEXLivingWell

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Fruit Smoothie

Source: *Let's Cook – Eating Smart Being Active* | **Yield:** 6 (1 cup) servings. 120 Calories per serving. Total fat 2g; Protein 5g; Total carbohydrate 21g; Dietary fiber 2g, Calcium 183mg, Potassium 398mg

INGREDIENTS:

- 3 cups frozen strawberries or other frozen fruit
- 1 banana
- 2 cups yogurt (plain or vanilla)
- 1 handful spinach or kale (optional)
- 2 cups milk

DIRECTIONS:

1. Collect and measure all ingredients.
2. Add the fruit, yogurt and kale or spinach (if using) to the blender.
3. Pour the milk into the blender. Blend for about 30 to 45 seconds until smooth.
4. Serve immediately.