

# Fruit Smoothie

Rating: ★★★★★

Makes: 2 servings

## Ingredients

- 1 banana (large)
- 1 cup fresh peaches or strawberries
- 1 carton vanilla yogurt (8 ounces, low-fat)
- 1/2 cup fruit juice

## Directions

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	222	
Total Fat	2 g	3%
Protein	7 g	
Carbohydrates	47 g	16%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	79 mg	3%

## MyPlate Food Groups

Fruits	1 1/4 cups
Dairy	1/2 cup