



RECIPE:

A Smoothie for Your Sweetheart

Number of Servings: 1

Ingredients:

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

Directions:

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

Nutrition Info:

Nutrition Facts	
1 servings per container	
Serving size	about 1 cup
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 23g	
Includes 4g Added Sugars	8%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 219mg	15%
Iron 1mg	6%
Potassium 583mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	