



## A Smoothie for Your Sweetheart

1 serving

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

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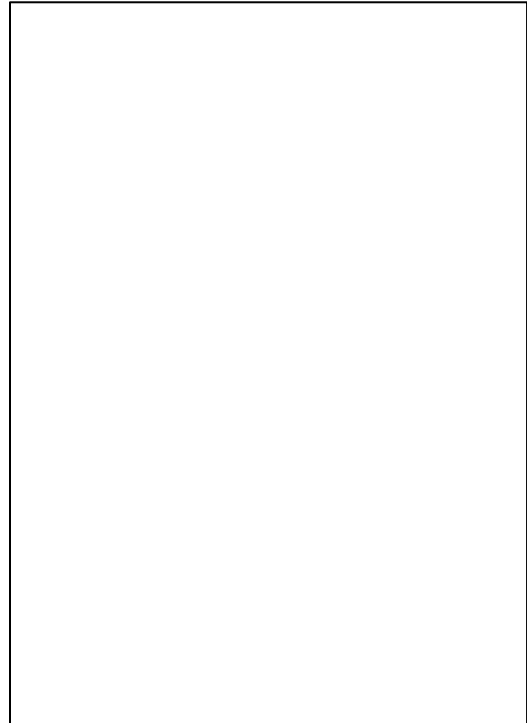
¼ cup low fat yogurt (vanilla or strawberry)

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.***

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This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. This institution is an equal opportunity provider. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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