

A Smoothie for Your Sweetheart

Nebraska Seasonal Produce Guide

1 Serving



EXTENSION

Health & Wellbeing



Ingredients

- ¼ cup low-fat yogurt (vanilla or strawberry)
- ½ cup frozen strawberries
- ½ frozen banana
- ⅓ cup fat-free milk

Instructions

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

Nutrition Information per Serving (whole recipe is 1 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, Vitamin D 6%, Calcium 15%, Iron 6%, Potassium 10%



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