

# A Smoothie for Your Sweetheart

1 serving



## Ingredients

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

Nutrition Information: 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%

## Instructions

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

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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