

Berry Fine Smoothie

1 Serving

What you need:

- 6 oz. skim milk or soy milk
- ½ C “light” strawberry, vanilla or lemon yogurt
- ½ C fresh or frozen strawberries (with no sugar added)
- 1 small ripe banana, peeled
- 3 - 4 ice cubes



All you do:

1. Combine all ingredients in a blender.
 2. Blend on high for 1 - 2 minutes. Add more ice cubes for a thicker consistency.
- *Try this smoothie for a healthy breakfast on the run or quick afternoon pick-me-up.

Nutrition Information per serving: 250 calories, 0.5 g fat, 50 g carbohydrate, 4 g dietary fiber, 12 g protein, 150 mg sodium.