



EATING SMART
BEING ACTIVE

Berry and Greens Smoothies

Serves: 8 Cost/Serving: \$0.76 Serving Size: 8 ounces

INGREDIENTS

- 2 medium bananas
- 2 containers (6 ounces each) nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk

INSTRUCTIONS

- 1 Put bananas, yogurt, and greens in the blender. Blend until smooth.
- 2 Add berries to blender. Blend until smooth.
- 3 Add milk to blender. Blend until smooth.
- 4 Serve immediately or freeze in individual servings.

TIPS

Add up to 1 cup more of nonfat milk if smoothie is too thick.

Put frozen smoothies in the refrigerator for at least 12 hours to thaw them before serving. Shake well to mix ingredients before serving.

Use half of each ingredient to make four servings if this recipe makes too much.

This is a good recipe to use over-ripe or frozen bananas.

Nutrition Facts

8 servings per recipe	
Serving Size: 8 ounces	
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrates 20g	7%
Dietary Fiber 3g	12%
Total Sugars 12g	
Added Sugars	NA*
Protein 4g	
Vitamin D 1mcg	6%
Calcium 104mg	8%
Iron 1mg	6%
Potassium 244mg	6%
* The % Daily Value (DV) 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.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.	