



Tropical Smoothie

Prep time: 5 minutes | Cooking time: 0 minutes | Number of servings: 3

- 1 cup low-fat vanilla yogurt
- 1 cup frozen banana slices
- 1 cup cold orange juice

Directions

1. Place all ingredients in blender.
2. Blend until smooth.
3. Divide among 3 glasses.



Food \$ense Tip

- Using whole fruits like bananas adds fiber to your diet.

Nutrition Facts (Serving size 1 cup): Calories-150; Protein-5g; Carbohydrate-30g; Total Fat-1.5g; Saturated Fat-0.5g; Fiber-1g; Sodium-55mg; Vitamin C-50%; Vitamin A-2%; Iron-2%; Calcium-15%

Adapted from Washington State University Extension Food \$ense

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Frozen Fruit Smoothies

There is a frozen fruit smoothie to satisfy anyone! Try any of the combinations listed below or create your own favorite flavor!

<u>Frozen Fruit</u>	+	<u>Low-Fat Yogurt</u>	+	<u>Fruit Juice</u>
Bananas	+	Blueberry	+	Apple
Blueberries	+	Lemon	+	Grape
Cantaloupe	+	Mixed berry	+	Orange
Cherries	+	Peach	+	Orange
Honeydew melon	+	Strawberry	+	Apple
Peaches	+	Raspberry	+	Apple
Pineapple	+	Apricot mango	+	Orange
Strawberries	+	Kiwi lime	+	Orange
Watermelon	+	Cherry	+	White grape

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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