



EATING SMART
BEING ACTIVE

Fruit Smoothie

Makes: 6 servings (1 cup per serving)

Preparation Time: 5 minutes

Ingredients

3 cups frozen strawberries or other frozen fruit

1 banana

1 cup yogurt (plain or vanilla)

1 handful of spinach or kale (optional)

2 cups milk

Directions

1. Wash fresh produce.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Add the fruit, yogurt, and kale or spinach (if using) to the blender.
4. Pour the milk into the blender.
5. Blend for about 30 to 45 seconds until smooth.
6. Refrigerate leftovers within 2 hours. Drink within 2 days.*

* These can also be made ahead of time and frozen. Thaw overnight in the refrigerator for a quick breakfast.

Be creative! Add any fresh or frozen fruit to the smoothie. If using only fresh fruit, you will need to add a few ice cubes before blending. Be sure to wash fresh fruit before using.

Nutrition Facts	
6 servings per container	
Serving size	1 Cup (218g)
Amount Per Serving	
Calories	120
	<small>% Daily Value*</small>
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 1mcg	4%
Calcium 183mg	15%
Iron 1mg	6%
Potassium 398mg	8%

*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.



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



EFNEP
COLORADO STATE UNIVERSITY
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

Build Strong Bones