

Juice Smoothie

This yogurt-based blender drink gets its crazy color from the assortment of fruits that you use.

4 cups vanilla fat-free yogurt
4 medium bananas, cut into chunks
2 cups frozen strawberries
2 cups orange juice

1. Place half of each ingredient in blender. Cover and blend on high speed about 30 seconds or until smooth. Pour into 4 glasses.
2. Repeat with remaining ingredients. Pour into remaining 4 glasses. Serve immediately.

Per Serving: Calories 275 (Calories from Fat 20); Total Fat 2 g (Saturated Fat 1 g);
Cholesterol 5 mg; Sodium 75 mg; Total Carbohydrate 60 g (Dietary Fiber 3 g); Protein 7 g

% Daily Value: Vitamin A 4%; Vitamin C 90%; Calcium 20%; Iron 4%

Exchanges: 3 Fruit; 1 Milk

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