



Strawberry Banana Smoothie

Yield: 1 serving

Ingredients

- 1 banana, overripe, peeled, frozen
- ½ cup frozen strawberries
- ¼ cup orange juice
- ¼ cup plain low-fat yogurt

Instructions

1. Place all ingredients in a blender and puree until smooth. If smoothie is too thick, add water or orange juice 2 tablespoons at a time, and continue to blend until smooth.

Nutrition Information

Serving Size: 1 smoothie

Calories: 200
Total Fat: 2 g
Saturated Fat: 1.5 g
Monounsaturated Fat: 0 g
Sodium: 35 mg
Total Carbohydrate: 47 g
Dietary Fiber: 5 g
Sugars: 32 g
Protein: 4 g

Source: Health meets Food

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