

STRAWBERRY-BANANA SMOOTHIE

Yield: 2¼ Cups (1 cup per serving)



TOTAL TIME: 5 minutes

INGREDIENTS

- ½ cup no pulp premium 100% orange juice
- ½ cup frozen strawberries
- 1 whole ripe banana, peeled, cut in 2-inch chunks
- 1 container (6 oz.) plain yogurt

PREPARATION

Puree juice, fruit, and yogurt in blender on HIGH 30 seconds, until smooth.

NUTRITION

Per serving: Calories: 140; Fat: 1 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 34 g; Protein: 4 g; Sodium: 50 mg; Fiber 2 g.

Recipe courtesy of Wegmans