

# Wake Up Smoothie

## Ingredients:

- 1 1/4 cup orange juice
- 1 banana
- 1 1/2 cups mixed frozen berries (raspberries, blackberries, strawberries)
- 1/2 cup low-fat plain yogurt

## Directions:

1. Combine orange juice, banana, berries, and yogurt in a blender.
2. Cover and blend until creamy and serve immediately.

## Nutrition Facts

Serving Size 1 glass (253g)  
Servings Per Container 2

Amount Per Serving

**Calories 140**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 20mg**      **1%**

**Total Carbohydrate 30g**      **10%**

Dietary Fiber 4g      **16%**

Sugars 19g

**Protein 6g**

Vitamin A 2%      • Vitamin C 60%

Calcium 6%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: Eating Well

