Citrus Berry Smoothie

Ingredients:

- 11/4 cups fresh berries, choice
- 1 frozen banana
- 3/4 cup plain yogurt, low-fat
- 1/2 cup orange juice or 2 navel oranges, peeled
- 1 tablespoon honey
- 1/2 teaspoon vanilla extract

Directions

• Place berries, banana, yogurt, orange juice, honey, and vanilla in blender and blend until smooth.

Nutrition Facts

Serving Size (430g) Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 55g	18%
Dietary Fiber 8g	32%
Sugars 44g	

Protein 10g

Vitamin A 35%	 Vitamin C 140%
Calcium 15%	• Iron 6%

*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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Source: eatingwell.com

Fat 9 • Carbohydrate 4 • Protein 4





