

# Fruit Smoothie

## Ingredients:

- 1 large banana
- 1 cup fresh peaches or strawberries
- 1 small carton (8 ounces) vanilla yogurt
- ½ cup fruit juice

## Preparation:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Yields 2 (½ of recipe) servings

Nutritional Information Per Serving: 210 calories, 7g protein, 44g carbohydrate (3g fiber), 2g fat, 5mg cholesterol, 75mg sodium

Source: U.S. Department of Agriculture

