



## Fruitastic Summer Smoothie Blast

Makes 2 servings

### Ingredients:

½ banana  
½ cup frozen berries  
1 (6-ounce) container strawberry yogurt



### Directions:

1. Blend all ingredients well in blender.
2. Pour into your favorite glass and enjoy!

**Nutrition Facts:** Each 1¼ cup serving provides 190 Calories, 10 Calories from Fat, 1.5g Total Fat, 0.5g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 60 mg Sodium, 41g Total Carbohydrate, 2g Dietary Fiber, 31g Sugar, 4g Protein, 15% Calcium, 2% Iron

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Resources: Adapted from <http://www.choosemyplate.gov/>, and *Spend Smart Eat Smart* <http://www.extension.iastate.edu/foodsavings>.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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