



## Fruity Splash Smoothie

**Servings:** 2

**Prep Time:** 5 minutes

**Ingredients:**

- 1 cup fat-free milk
- 5 to 7 large unsweetened frozen strawberries
- 1 medium banana, cut into chunks
- 1 tablespoon honey
- 3/4 cup orange juice
- 1/2 teaspoon vanilla extract

**Preparation:**

Combine all ingredients in blender; blend until smooth and creamy. Pour in glasses.

**Substitution Idea:**

For frozen fruit pops, pour leftover smoothie into small plastic cups. Cover cups with plastic wrap; insert stick and freeze.

### Nutritional Facts:

*Nutritional Facts Per Serving:*

Calories:	180
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	5mg
Sodium:	65mg
Carbohydrates:	43g
Dietary Fiber:	3g
Protein:	6g
Calcium	25% Daily Value

Cost/recipe:

**\$1.80**

Cost/serving:

**\$.90**

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ON THE  
BASICS**

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