

SUPER NOVA SMOOTHIE

Created By: David Wilson, Age 12

Servings: 4

Prep Time: 10 minutes

Ingredients:

- 1 cup low-fat plain yogurt
- 20 ice cubes
- 5 strawberries, leaves removed
- 10 blueberries
- 1 cup low-fat lemon yogurt
- 1 medium banana, cut into chunks

Preparation:

Clean and cut fruit. Combine plain yogurt, strawberries, lemon yogurt, blueberries, banana and ice cubes in blender; blend until smooth and creamy. Pour into glasses.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	120
Total Fat:	2g
Saturated Fat:	1g
Cholesterol:	5mg
Sodium:	85mg
Carbohydrates:	22g
Dietary Fiber:	1g
Protein:	7g (6 grams from dairy)
Calcium	20% Daily Value

Cost/recipe:

\$2.22

Cost/serving:

\$.55

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ON THE
BASICS**

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