

THE RIOT SMOOTHIE

Created By: Anthony Davis, Jr., Age 10

Servings: 4

Prep Time: 20 minutes

Ingredients:

1 cup low-fat vanilla yogurt

2 cups fresh pineapple chunks

1-1/2 medium bananas, cut into chunks

½ cup low-fat milk

8-10 ice cubes

Preparation:

Clean and cut fruit. Place all ingredients in blender beginning with yogurt; blend until smooth and creamy. Pour into glasses and serve.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	160
Total Fat:	1g
Saturated Fat:	.5g
Cholesterol:	5mg
Sodium:	55mg
Carbohydrates:	36g
Dietary Fiber:	3g
Protein:	5g (4 grams from dairy)
Calcium	15% Daily Value

Cost/recipe:

\$3.32

Cost/serving:

\$.83

**BANK
ON THE
BASICS**

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