

TROPICAL DELIGHT SMOOTHIE

Created By: James Lunga, Age 11

Servings: 5

Prep Time: 10 minutes

Ingredients:

10 strawberries, leaves removed

1 cup blueberries

1 medium banana, cut into chunks

2 cups low-fat plain yogurt

8-10 ice cubes

½ cup of low-fat milk

1 tablespoon low-fat lemon yogurt

Preparation:

Clean and cut fruit. Place strawberries, blueberries and banana in blender. Add in plain yogurt, ice cubes, milk and then lemon yogurt; 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:	21g
Dietary Fiber:	2g
Protein:	7g (6 grams from dairy)
Calcium	20% Daily Value

Cost/recipe:

\$4.55

Cost/serving:

\$.91

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ON THE
BASICS**

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