Strawberry Smoothie

A cool start to your active day or an afternoon pick-me-up.

Makes 3 servings.
1 cup per serving.
Prep time: 10 minutes

INGREDIENTS

- ½ cup 100% orange juice
- 1 large banana, peeled and sliced
- 1 cup fresh or frozen strawberries, thawed
- 1 cup lowfat vanilla yogurt
- 5 ice cubes

PREPARATION

1. Combine orange juice, banana, and half the strawberries into a blender container. Blend until smooth.
2. Add yogurt, remaining strawberries, and ice cubes. Blend until smooth. Serve immediately.

Nutrition information per serving: Calories 153, Carbohydrate 32 g, Dietary Fiber 3 g, Protein 5 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 57 mg

Adapted from recipe courtesy of BOND of Color.