

Banana-Berry Smoothies

- 2 cups plain fat-free yogurt
- 2 ripe medium bananas
- 1 cup sliced fresh strawberries or unsweetened frozen strawberries
- 1 cup mixed fresh berries, such as raspberries, blueberries, and/or blackberries, or unsweetened frozen mixed berries.

In a blender container combine yogurt and fruit, Cover and blend until pureed.
If desired, top with a few fresh berries.

Nutrition Facts per serving: 199 cal., 1 g total fat (0 g sat. fat), 3 mg chol., 126 mg sodium, 39 g carbo., 3 g fiber, 11 g pro.

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