



# Fruit Smoothie

## Handout 2

Serving Size: 1/2 of recipe

Yield: 2 servings

### Ingredients:

- 1 large banana
- 1 cup fresh peaches or strawberries
- 1 small carton (8 ounces) vanilla yogurt
- 1/2 cup fruit juice

### Instructions:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

### Cost:

Per Recipe: \$1.31

Per Serving: \$0.66

### Source:

Adapted from:  
Pennsylvania Nutrition Education Network  
Website Recipes  
**The Pennsylvania Nutrition Education Program**

<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe (316g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 35g	
<b>Protein</b> 7g	
Vitamin A <b>2%</b>	Vitamin C <b>90%</b>
Calcium <b>20%</b>	Iron <b>4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	Carbohydrate 4 • Protein 4

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