

Groovie Smoothie

Prep Time: 5min

Ready in : 5 min

Yields: 4 servings

Ingredients

2 small bananas, broken into chunks
1 cup frozen unsweetened strawberries
1 (8 ounce) container vanilla low-fat yogurt
3/4 cup milk

Directions

In a blender, combine bananas, frozen strawberries, yogurt and milk. Blend until smooth. Pour into glasses and serve.

Nutrition Information

Calories 130

Fat 2 grams

Fiber 4 grams

Protein 10 grams

Calcium 25%

Tips for Smoothie Success

Some smoothie recipes call for ice cubes; try frozen fruit instead.

Peel and cut up bananas into 1-inch pieces prior to freezing.

To freeze fresh berries, spread a single layer on a jellyroll pan, freeze the fruit, and store in re-sealable freezer bags.

Add yogurt, milk, flax seeds, silken tofu, wheat germ, or protein powder to the blender for an extra hit of nutrition.

Source: <http://allrecipes.com/Recipe/Groovie-Smoothie/Detail.aspx>