



Strawberry Banana Smoothie

Shine 365
Marshfield Clinic

PREP TIME: 15 minutes • **SERVINGS:** 2

INGREDIENTS

- 8 strawberries (can be frozen)
- 1 ripe banana
- ½ cup milk
- ½ cup vanilla or strawberry yogurt
- 1 teaspoon honey (or added to taste)
- 1 teaspoon vanilla (optional)
- 6 ice cubes

INSTRUCTIONS

In a blender combine strawberries, milk, yogurt, honey and vanilla. Toss in the ice. Blend until smooth and creamy. Pour into glasses and enjoy.

Variations

To add calories: use whole milk. Or add non-fat dry milk or protein powder.

To limit calories: use skim milk, light yogurt and sugar substitute such as Stevia.

NUTRITION INFORMATION

Each serving contains 142 calories;
0.8 g fat; 2.5 g fiber; 4.8 g protein; 29.9 g carbohydrates

Note: variations will change the nutritional content of the smoothie. Nutritional values shown uses 1% milk and low fat vanilla yogurt.

Source: Marshfield Clinic