



# CINNAMON STRAWBERRY SMOOTHIE

**PREP TIME:** 5 minutes **SERVINGS:** 2

## INGREDIENTS

- 1 small ripe banana
- 1 cup frozen strawberries
- 1 6-ounce container vanilla nonfat Greek-style yogurt
- 1/2 cup orange juice
- 1 tablespoon honey
- 1/2 teaspoon cinnamon

## NUTRITION INFORMATION

Each serving contains about 196 calories; 0g total fat; 0mg cholesterol; 40mg sodium; 40g carbohydrates; 3g fiber; and 9g protein.

Source: McCormick

## INSTRUCTIONS

Place all ingredients in blender container; cover. Blend on high speed until smooth.

Pour into glasses. Garnish with sliced strawberries, if desired.

