

Fruit Smoothies

Fruit smoothies are a great treat and good for you too. Almost any fruit can be used. Put some of your fruit in the freezer before using to make your smoothie cold:

2 cups non-fat milk
1 cup juice, unsweetened
4 cups of assorted fruit

In a blender, combine the milk, fruit, and juice. Blend until smooth.

Serves:
4

Serving size:
1 1/4 cup

Prep time:
5 minutes

Serving ideas:
Use a fruit smoothie for a snack or part of a meal.

Tips:
Bananas and berries go well together in a smoothie. Use fruit in any form, frozen, fresh or canned.

HEALTHY EATING 411

Wash your hands before you handle food. Use soap and warm water. Rub your soapy hands together for 20 seconds before rinsing them.

Nutrition Facts

Serving Size 1 1/4 cup (336g)
Servings Per Container 4

| Amount Per Serving | |
|-------------------------------|---------------------|
| Calories 170 | Calories from Fat 5 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 70mg | 3% |
| Total Carbohydrate 37g | 12% |
| Dietary Fiber 4g | 16% |
| Sugars 19g | |
| Protein 6g | |
| Vitamin A 8% | Vitamin C 110% |
| Calcium 15% | Iron 4% |

*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 | 20g | 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