

BASIC SMOOTHIE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2 (Serving = 12 ounces)

Nutrition (per serving)

Calories: 173

Total Fat: 1 g

Saturated Fat: 0 g

Sodium: 89 mg

Total Carbohydrate: 36 g

Dietary Fiber: 3 g

Total Sugars: 24 g

Protein: 6 g

Ingredients

- 1 cup 1% milk
- ½ cup non-fat vanilla yogurt
- 1 tablespoon sugar-free syrup
- 1 medium banana, peeled
- 1 ½ cups frozen mixed fruit

Directions

1. Place all ingredients in a blender and blend until smooth.