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Triple Berry Smoothie

Prep Time: 5 minutes

Cost per serving: \$0.90

What you need:

Utensils:

- Measuring cups
- Blender

Ingredients:

- ½ cup strawberries
- ½ cup blueberries
- 1 banana
- ½ cup fat-free yogurt
- 1 cup low-fat milk
- ½ cup ice cubes

What to do:

1. Wash your hands and clean your cooking area.
2. Wash strawberries and blueberries.
3. Blend banana ice, yogurt, milk and berries together until a smooth drink is formed.
4. Pour into a cup and enjoy a very fruity, healthy smoothie.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 2

Amount Per Serving

Calories 170 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 85mg **4%**

Total Carbohydrate 32g **11%**

Dietary Fiber 3g **12%**

Sugars 22g

Protein 8g

Vitamin A 2% • Vitamin C 60%

Calcium 25% • Iron 2%