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# Strawberry Surprise Smoothie

**Prep Time:** 15 minutes

**Cost per serving:** \$0.38

### What you need:

#### Utensils:

- Knife & cutting board
- Blender
- Measuring cups

#### Ingredients:

- 1 cup low fat vanilla yogurt
- 1 cup orange juice concentrate
- 1 cup frozen strawberries
- 1 cup pineapple chunks
- 1 banana, frozen (cut into chunks and peel before freezing)

#### What to do:

1. Wash your hands and clean your cooking area.
2. Add yogurt, orange juice concentrate, and fruit to blender.
3. Blend ingredients in blender until smooth.
4. Serve immediately.

## Nutrition Facts

Serving Size 3/4 cup  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 2g	8%
Sugars 32g	
<b>Protein</b> 3g	
Vitamin A 4%	• Vitamin C 130%
Calcium 8%	• Iron 2%