



Fruitastic Summer Smoothie Blast

Prep Time: 5 minutes

Cost per serving: \$0.45

What you need:

Utensils:

- Measuring cups
- Blender

Ingredients:

- ½ banana
- ½ cup frozen berries
- 1 6-oz. container strawberry yogurt

What to do:

1. Wash your hands and clean your cooking area.
2. Wash fruits before cutting into them.
3. Blend all ingredients well in a blender.
4. Pour into your favorite glass and enjoy!



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts

Serving Size 1 1/4 cups
Servings Per Container 2

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 21g 7%

Dietary Fiber 2g 8%

Sugars 15g

Protein 3g

Vitamin A 8% • Vitamin C 10%

Calcium 10% • Iron 0%