

Strawberry Banana Smoothie

Recipe # YKSD FY20-4

what you need:

4 Cups Frozen Strawberries

2 Cups Water

2/3 Cup Powdered Milk

2 Cups Frozen Banana

1 ½ Cups Yogurt

1 Tablespoon Vanilla

2 Tablespoons Honey (Optional)

here's how:

1. Add frozen strawberries, water, powdered milk, frozen bananas, yogurt, vanilla, and honey (optional) to blender.
2. Place lid on blender and pulse on medium speed for 30 seconds.
3. Divide smoothie into 6 cups, about 10 oz each.

Nutritional Info:

6 servings, about 10 oz per serving

220.5 Calories, .62g Saturated Fat, 44mg Sodium per serving

Derived from USDA "What's Cooking" Fruit Smoothie II

Credit as: 1 Fruit, 1/2 Meat Alt.

