

## Berry Fine Smoothie

1 Serving

6 oz. skim milk or soy milk

$\frac{1}{2}$  C "light" strawberry, vanilla or lemon yogurt

$\frac{1}{2}$  C fresh or frozen strawberries (with no sugar added)

1 small ripe banana, peeled

3 - 4 ice cubes



Combine all ingredients in a blender and blend on high for 1 - 2 minutes. Add more ice cubes for a thicker consistency.

Try this smoothie for a healthy breakfast on the run or quick afternoon pick-me-up.

Nutrition Information per serving:

250 calories, 0.5 g fat, 50 g carbohydrate, 4 g dietary fiber, 12 g protein, 150 mg sodium.

Good source of calcium, vitamin C, vitamin D and potassium.

Pyramid Servings: 2 fruit, 1 milk.