**Berry Fine Smoothie**  

1 Serving

6 oz. skim milk or soy milk  
½ C “light” strawberry, vanilla or lemon yogurt  
½ 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.