



A Nutrition Resource

CREATE YOUR OWN SMOOTHIE

Yield: 1 Serving | Serving Size: 2 cups

Cost/serving: \$1.10*

Ingredients:

1 cup 100% juice (orange, grape, pineapple, or banana)

1/2 cup nonfat or low-fat milk

Ice cubes

or

3/4 cup juice

1/2 cup low-fat vanilla or plain yogurt

1/2 cup canned peaches or fresh fruit

Try different combinations with ingredients you have on hand. Some ingredient options include:

- Banana (fresh or frozen)
- Berries (fresh or frozen)
- Cinnamon
- Vanilla
- Non-dairy milk
- Peanut butter or other nut butter
- Spinach

Directions:

1) Blend all ingredients.

Options if you don't have a blender:

Put ingredients in a bowl and mix with an electric or hand beater. Put ingredients in a pitcher or a jar with a tight-fitting lid and shake.

*Pricing varies by fruits used

Nutrition Facts

1 servings per container

Serving size 2 cups (478g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 35g 13%

Dietary Fiber 1g 4%

Total Sugars 27g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 180mg 15%

Iron 0mg 0%

Potassium 635mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Note: Frozen fruit will make the smoothie thicker. Nutrition Facts label shows information for 1 cup orange juice, 1/2 cup nonfat milk, and ice cubes.

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