

# Banana Berry Blast Smoothie

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This simple and healthy smoothie is naturally sweetened with fruit, so there is no need for added sugar. It also counts toward your daily servings of two food groups from Canada's Food Guide (Vegetables and Fruit, and Milk and Alternatives).



## Ingredients:

½ cup	Frozen unsweetened berries (blueberries, strawberries, Saskatoons, etc.)	125 mL
1 medium	Banana	1 medium
½ cup	Low fat plain yogurt	125 mL
½ cup	Low fat milk	125 mL

## Directions:

**Note:** Customize your smoothie. For an extra thick smoothie, add a handful of ice to the blender. For a thinner smoothie, add a splash of water.

1. Place all ingredients in blender and blend until smooth.
2. Pour into glasses and enjoy!

**Makes 3 servings (150 mL / ⅔ cup / 147 g)**

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<b>Nutrition Facts</b>	
Per 1/3 of recipe (150 mL/ 2/3 cup/ 147 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 90	
<b>Fat</b> 1.5 g	<b>2 %</b>
Saturated 0.5 g + Trans 0 g	<b>5 %</b>
<b>Cholesterol</b> 5 mg	
<b>Sodium</b> 45 mg	<b>2 %</b>
<b>Carbohydrate</b> 17 g	<b>6 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 12 g	
<b>Protein</b> 4 g	
Vitamin A	4 %
Vitamin C	8 %
Calcium	10 %
Iron	2 %
Vitamin D	2 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	2 g
Low in fat	1.5 g
Low in saturated fat	0.5 g
Low in sodium	45 mg
Source of potassium	311 mg
Source of calcium	127 mg
High in magnesium	23 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1/2
Grain Products	0
Milk and Alternatives	1/2
Meat and Alternatives	0

This is a Choose Most Often recipe (Mixed Dish – Vegetarian) according to the Alberta Nutrition Guidelines.

Recipe analyzed using frozen blueberries, 1% milk and 1–2% plain yogurt.

<p>Special Equipment Required:</p> <ul style="list-style-type: none"> <li>• Blender</li> </ul>
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