

Fruit Smoothie

This smoothie is a tasty way to get your servings of Vegetables and Fruit. Choose your favourite fresh or frozen fruit for a delicious and refreshing snack!



Ingredients:

2 cups	Fresh fruit or frozen fruit, softened	500 mL
1 cup	Plain yogurt, 1% MF	250 mL
½ cup	Milk, 1% MF	125 mL
2 tsp	Sugar or honey (if needed)	10 mL

Directions:

1. Put fruit and yogurt in the blender. Blend until mixture is smooth.
2. Add milk to mixture and blend until smooth.
3. If needed, you could add sugar or honey to taste.
4. Serve immediately or refrigerate for no more than one day. Shake well if smoothie separates.

Note: For more calories and protein, add peanut butter or plain soft tofu.

Makes 4 servings (150 mL / 2/3 cup / 166 g)

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Nutrition Facts

Per ¼ of recipe ((150 mL / 2/3 cup / 166 g)

Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 5 mg	
Sodium 60 mg	3 %
Carbohydrate 16 g	5 %
Fibre 1 g	4 %
Sugars 13 g	
Protein 5 g	
Vitamin A 10 %	Vitamin C 30 %
Calcium 13 %	Iron 2 %
Vitamin D 2 %	

* Nutrient analysis done with cantaloupe, blueberries, strawberries and banana

Nutrient Claim	Amount per Serving
Low in fat	0.5 g
Saturated fat-free	0 g
Low in sodium	60 mg
High in potassium	352 mg
Source of calcium	146 mg
Source of magnesium	21 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruits	1
Grain Products	0
Milk and Alternatives	0.5
Meat and Alternatives	0

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

The optional 2 teaspoons of sugar or honey would add 8 calories and 2 grams sugars per serving.

Special Equipment Required:

- Blender