

Calcium Rich Fruit Smoothie

Yield: 2 servings
Serving Size: 1 cup

Ingredients:

1 cup non-fat vanilla yogurt (any flavor of yogurt will work)
1 banana, peeled
1 cup orange juice (calcium fortified)
1/2 teaspoon cinnamon

Method:

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add some fat free milk. If the smoothie is too thin, add more fruit.

Variations: Use different fruit in place of the banana, use milk instead of the orange juice and 2 tablespoons peanut butter instead of the cinnamon to make a peanut butter smoothie.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 2

Amount Per Serving

Calories 220 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 49g **16%**

Dietary Fiber 2g **8%**

Sugars 40g

Protein 7g

Vitamin A 0% • Vitamin C 80%

Calcium 40% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe from "Operation Frontline"