

Banana Berry Smoothie

This delicious smoothie is a healthy breakfast kids will love!

Makes: 4 servings
Prep Time: 5 mins

Source: FoodHero.org/recipes

Ingredients

- 1 cup sliced banana
- 1 cup unsweetened frozen berries
- 1 cup nonfat or 1% milk
- 1 cup 100% orange juice

Directions

1. Place all ingredients in a blender. Put the lid on tightly.
2. Blend until smooth. If too thick, add 1/2 cup cold water and blend again.
3. Refrigerate leftovers within 2 hours.

Utensils Needed

- Measuring cups
- Blender
- Knife
- Cutting board

Notes

- Try using strawberries, blueberries, and/or blackberries



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	100
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	5 mg
Sodium:	35 mg
Total Carbohydrates:	22 g
Dietary Fiber:	2 g
Total Sugars:	14 g
Added Sugars:	0 g
Protein	3 g

SHOPPING LIST

Average total cost without oil and seasonings: \$10.26

Average cost/serving: \$2.57

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Banana



Add 1 to Cart
1% Milk, 0.5 gallon



Add 1 to Cart
Frozen Mixed Berries, 12 oz



Add 1 to Cart
100% Orange Juice, 12 fl oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Fruit

- Berries are in-season and may be more affordable during the summer months. Extras can be frozen and used later. To freeze:
 1. Line a baking sheet with parchment paper or plastic wrap.
 2. Place berries on the tray in a single layer
 3. Put them in the freezer until solid.
 4. Remove from tray and place the berries in an airtight bag or container.
 5. Store the frozen berries in the freezer for up to 6 months.
- Bananas can also be frozen in a similar way. Before placing on a baking tray, peel and cut the bananas.
- Frozen fruit can be eaten as a snack, added onto hot cereal, or used in baked goods.