

Berry Smoothie

Ingredients (makes 8 servings, serving size: 4 ounces)

- 2 cups Fresh spinach
- 2 cups Frozen blueberries or other frozen fruit
- 1 banana
- 1 cup Vanilla yogurt
- 1 cup Low-fat milk

Directions

1. Add all ingredients into blender and mix until smooth.

Nutrition Information - Per serving

Calories	72	Total Sugars	11g	Sodium	39mg
Protein	3g	Total Fat	1g	Cholesterol	2mg
Carbohydrate	14g	Saturated Fat	0g	Fiber	39mg



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882

waukesha.extension.wisc.edu

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