

Strawberry Banana Smoothie

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

- 1 cup Frozen strawberries
- 1 medium Banana, peeled
- 1/2 cup Vanilla yogurt, low-fat
- 2 cups Milk

Directions

1. Put all ingredients into the blender.
2. Blend until smooth.
3. Divide into glasses.

Nutrition Information- Per serving

Calories	120	Total Sugars	17g	Sodium	75mg
Protein	6g	Total Fat	2g	Cholesterol	8g
Carbohydrate	22g	Saturated Fat	1g	Fiber	2g



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SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply.

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