



A Nutrition Resource

# RAZZLE DAZZLE SMOOTHIE

**Yield: 6 Servings**

**Cost/Serving: \$0.77**

## Ingredients:

- 1 1/2 cups fat-free milk
- 3 cups vanilla yogurt, low-fat
- 1 1/2 cups mixed berries, frozen
- 1 banana, frozen

## Directions:

1. Collect and measure all Ingredients,
2. Add the fruit and yogurt to the blender.
3. Pour the milk Into the blender.
4. Blend for about 30-45 seconds until smooth.
5. Refrigerate leftovers Immediately. Drink within 2 days\*

Note: \*These can also be made ahead of time and frozen. Thaw overnight In the refrigerator for a quick breakfast.

Be creative! Add any fresh or frozen fruit to the smoothie. If using only fresh fruit, add a few Ice cubes before blending. Be sure to wash fresh fruit before using.

## Nutrition Facts

6 servings per container

**Serving size** 1 cup (0.0g)

**Amount Per Serving**

**Calories** 160

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 115mg 5%

**Total Carbohydrate** 29g 11%

Dietary Fiber 2g 7%

Total Sugars 25g

Includes 10g Added Sugars 20%

**Protein** 9g

Vitamin D 0.8mcg 4%

Calcium 340mg 25%

Iron 0.4mg 2%

Potassium 440mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and  
New England Dairy and Food Council

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