

Ingredients:

Fruit Smoothie
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- 3 cups fresh, frozen, or canned unsweetened fruit
- 1 1/3 cups nonfat dry milk powder
- 1/2 cup fat free milk
- 1/2 cup ice cubes
- 1 teaspoon vanilla extract
- 2 Tablespoons sugar (optional)

Directions:

1. Wash hands with soap and warm water. Wash fresh fruit before preparing.
2. If using canned fruit, drain and reserve juice for another use.
3. Put all ingredients in a blender container. Blend until smooth.
Serve immediately.

Nutrition Facts (Per Serving)

calories, 135; carbohydrate, 23 g; protein, 10 g; total fat, 1 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 4 mg; fiber, 2 g; total sugars, 20 g; sodium, 142 mg; calcium, 330 mg; folate, 41 mcg; iron, 1 mg; percent calories from fat, 7%.

Makes 4 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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