



July 1- Almond Banana Smoothie

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=459987>

Recipe

Ingredients:

- 2 cups low-fat milk
- 1 banana, frozen
- 1 Tablespoon honey
- 2 Tablespoon almond butter
- 1 teaspoon vanilla

Directions:

1. Combine all ingredients in blender; mix until well blended and creamy.

Yield 3 servings

Nutrition Facts

Serving Size 3/4 cup (221.07g)
Servings Per Container 3

Amount Per Serving

Calories 200 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat

Cholesterol 10mg **3%**

Sodium 75mg **3%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **9%**

Sugars 20g

Protein 8g **16%**

Vitamin A 6% • Vitamin C 6%

Calcium 25% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.