



## July 29- Cantaloupe Smoothie

Smart Snack

Link: [http://www.eatingwell.com/recipes/cantaloupe\\_smoothie.html](http://www.eatingwell.com/recipes/cantaloupe_smoothie.html)

### **Recipe**

#### *Ingredients:*

- ¼ cup ripe cantaloupe
- ½ cup nonfat or low-fat yogurt
- 1 banana
- 2 Tablespoons nonfat dry milk
- 1 ½ tablespoons frozen orange juice
- 2 teaspoons honey
- ½ teaspoon vanilla extract

#### *Directions:*

1. Wash hands with warm, soapy water.
2. Blend all ingredients in blender until smooth.

Yield 2 servings

### **Nutrition Facts**

Serving Size ¾ cup (106.34g)  
Servings Per Container 2

#### **Amount Per Serving**

**Calories** 120      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **1%**

*Trans Fat*

**Cholesterol** 0mg      **1%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 26g      **9%**

**Dietary Fiber** 2g      **7%**

**Sugars** 20g

**Protein** 4g      **7%**

Vitamin A 20%      •      Vitamin C 25%

Calcium 10%      •      Iron 0%

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