



July 29- Cantaloupe Smoothie

Smart Snack

Link: 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.