



September 12- PBJ Smoothie

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=81088>

Recipe

Ingredients:

- 4 frozen strawberries
- 2 banana
- 1 Tablespoon peanut butter
- 1 cup natural soy milk
- 2/3 cup low-fat vanilla yogurt

Directions:

1. Combine all ingredients in blender; blend until creamy and smooth.

Yield 4 servings

Nutrition Facts

Serving Size 1 cup (205.68g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 45

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 105mg 4%

Total Carbohydrate 29g 10%

Dietary Fiber 3g 13%

Sugars 18g

Protein 7g 14%

Vitamin A 0% • Vitamin C 35%

Calcium 10% • Iron 6%

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