



## 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.