



UNIVERSITY OF WYOMING
EXTENSION

NUTRITION & FOOD SAFETY
RECIPE OF THE MONTH
AUGUST



POMEGRANATE BERRY SMOOTHIE

Makes: about 3 ½ cups, for 2 servings

INGREDIENTS

2 cups frozen mixed berries
1 cup pomegranate juice
1 medium banana
½ cup nonfat cottage cheese
½ cup water

DIRECTIONS

1. Combine mixed berries, pomegranate juice, banana, cottage cheese and water in a blender; blend until smooth, Serve immediately.



Pomegranate Berry Smoothie

Nutrition Facts	
Serving Size: (0g)	
Servings Per Container: 2	
Amount Per Serving	
Calories 230	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol <5mg	1%
Sodium 150mg	6%
Total Carbohydrate 49g	16%
Dietary Fiber 8g	32%
Sugars 34g	
Protein 6g	
Vitamin A 0%	• Vitamin C 50%
Calcium 6%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: FROZEN MIXED BERRIES, POMEGRANATE JUICE, BOTTLED, BANANAS, CHEESE, COTTAGE, NONFAT, UNCREAMED, DRY, LARGE OR SMALL CURD