

Recipe of the Month - February 2017

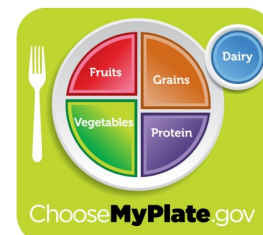
Berry and Greens Smoothies

Serves 8

Serving Size: 8 ounces

Ingredients:

- 2 medium bananas
- 2 containers (6 oz. each) nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk



Make MyPlate Your Plate

Directions:

1. Put bananas, yogurt, and greens in the blender. Blend until smooth.
2. Add berries to blender. Blend until smooth.
3. Add milk to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.

Tips:

- Add up to 1 cup more of nonfat milk if smoothie is too thick.
- Put frozen smoothies in the refrigerator for at least 12 hours to thaw them. Shake well to mix ingredients before serving.
- Use half of each ingredient to make four servings if this recipe makes too much.
- This is a good recipe to use with over-ripe or frozen bananas.

NUTRITION FACTS PER SERVING: 90 calories, 0g total fat (0 g sat. fat), 0mg cholesterol, 55mg sodium, 19g carbohydrates, 3g fiber, 13g sugar, 4g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*