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

Directions:
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