



Banana and Strawberry Smoothie

INGREDIENTS:

½ cup Fat-free yogurt
1 cup Fat-free skim milk
¼ cup Sugar
½ tsp Vanilla extract
2 cups Fresh strawberries
1 Banana
½ cup Ice

PREPARATION:

- Combine all the ingredients, except the ice, in a blender.
- Pulse until smooth.
- Add in the ice and blend.
- Serve and enjoy!

Number of servings: 5
Serving Size: 8 oz.
Calories: 90
Fat Grams: 0

