

# Fruit Smoothie



## Ingredients:

- 1 large banana
- 1 cup fresh peaches or strawberries
- 1 8-ounce carton vanilla yogurt
- 1 cup fruit juice

## Preparation:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into two glasses. Serve right away.

## Yields 2 servings

### Nutritional Information Per Serving:

210 calories, 7 g protein, 44 g carbohydrate (3 g fiber), 2 g fat, 5 mg cholesterol, 75 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.

Learn more at [www.upmchealthplan.com/dscommunity](http://www.upmchealthplan.com/dscommunity).

