

Fruit Smoothie

Makes: 6 servings (1 cup per serving)

Preparation Time: 5 minutes

Ingredients

- 3 cups frozen strawberries or other frozen fruit
- 1 banana
- 1 cup yogurt (plain or vanilla)
- 1 handful of spinach or kale (optional)
- 2 cups milk

Directions

1. Wash fresh produce.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Add the fruit, yogurt, and kale or spinach (if using) to the blender.
4. Pour the milk into the blender.
5. Blend for about 30 to 45 seconds until smooth.
6. Refrigerate leftovers within 2 hours. Drink within 2 days.*

* These can also be made ahead of time and frozen. Thaw overnight in the refrigerator for a quick breakfast.

Be creative! Add any fresh or frozen fruit to the smoothie. If using only fresh fruit, you will need to add a few ice cubes before blending. Be sure to wash fresh fruit before using.

Nutrition Facts	
6 servings per container	
Serving size	1 Cup (218g)
Amount Per Serving	
Calories	120
	<small>% Daily Value*</small>
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 1mcg	4%
Calcium 183mg	15%
Iron 1mg	6%
Potassium 398mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



United States
Department of
Agriculture

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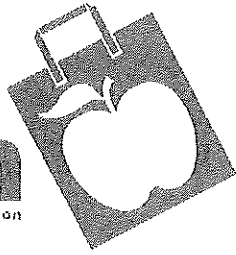
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Build Strong Bones

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Batido de frutas

Rinde: 4 porciones (1 taza por porción)

Tiempo de preparación: 5 minutos

Ingredientes

- 3 tazas de fresas congeladas o cualquier otra fruta congelada
- 1 banana
- 1 taza de yogur (natural o de vainilla)
- 1 puñado de espinaca o col rizada (opcional)
- 2 tazas de leche

Preparación

1. Lavar los productos frescos.
2. Reunir y medir todos los ingredientes antes de comenzar a preparar la receta.
3. Colocar la fruta, el yogur, la banana y la col o espinaca (si va a usar) en la licuadora.
4. Verter la leche en la licuadora.
5. Licuar durante 30 a 45 segundos hasta obtener una mezcla cremosa.
6. Refrigerar las sobras dentro de las 2 horas. Beber dentro de los siguientes 2 días.*

* También se puede preparar con anticipación y congelar. Descongelar durante la noche en el refrigerador para un desayuno rápido.

¡Sea creativo! Agregue cualquier fruta fresca o congelada al batido. Si usa fruta fresca deberá agregar cubitos de hielo antes de licuar. Lave la fruta fresca antes de usar.

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Este material se basa en trabajos que cuentan con el respaldo del Instituto Nacional de Alimentos y Agricultura, Departamento de Agricultura de los Estados Unidos.



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