

Berry Yummy Smoothie

Serving Information

Makes approximately
2 servings

Ingredients

- ½ Cup Light Greek vanilla yogurt
- ½ Medium size banana
- 2 Cups frozen mixed berries, (strawberry, blueberry, raspberry mix)
- 1 Cup water

Directions

1. Place water and banana in blender.
2. Slowly add in frozen berries.
3. Add in yogurt.
4. Blend thoroughly so there are no more chunks of fruit.
5. Optional: Add ice

0g fat, 1g fiber, 7g sugars
141 calories, 12g carbs, 4g protein



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COLLEGE OF FOOD, AGRICULTURAL,
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