



Fruit Smoothie

Servings: 3

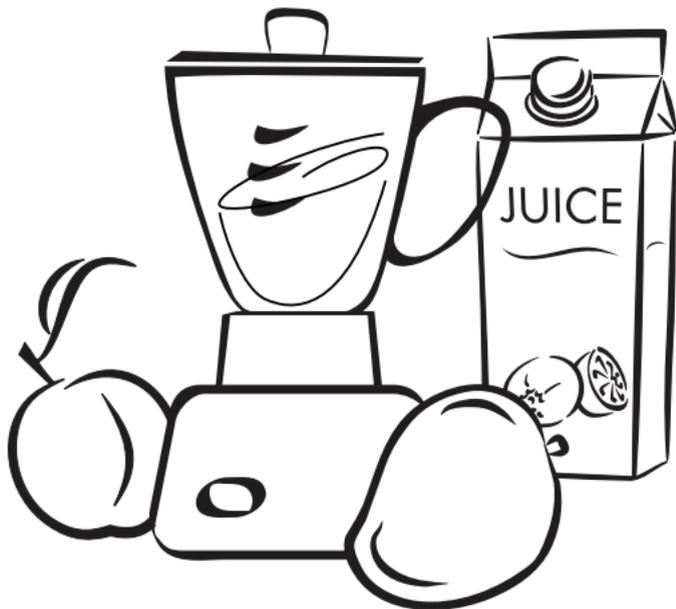
Rinse fresh fruits under running water.

1 cup plain yogurt

1 cup fruit (fresh, canned or frozen) like
peaches or mangoes

1 cup 100 percent fruit juice like orange,
apple, cranberry or pineapple

1. Wash hands and surfaces.
2. Place yogurt, fruit and juice in blender.
Mix or blend until smooth.
3. Refrigerate leftovers immediately.



Nutrition Facts

3 servings per container

Serving size 1 cup (216g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 60mg 3%

Total Carbohydrate 20g 7%

Dietary Fiber 1g 4%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 162mg 10%

Iron 0mg 0%

Potassium 436mg 10%

*The % Daily Value 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.

Helpful Tips

- Power up with this fruit smoothie for breakfast.
- Add your favorite fruit. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Let your child help make this smoothie by using a jar and shaking it. Mash fruit with fork before putting in jar.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance