

# Smoothie on the Go

## What You'll Need

1 banana

½ cup fat-free, fruit-flavored yogurt

3 ice cubes

½ cup skim milk

1 tsp vanilla extract

Serves 1

## Let's Cook!

- 1 Place all ingredients in a blender and blend until smooth.

## Nutrition Facts

Serving Size (354g)  
Servings Per Container

Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 3g	12%
Sugars 31g	
<b>Protein</b> 11g	
Vitamin A 6%	Vitamin C 20%
Calcium 35%	Iron 2%

