

# Fruit Recipe

Hand Blender/Food Processor

## Strawberry Banana Smoothie



Ingredients	Approx. Cost*
1 banana	\$ .39
10 oz frozen strawberries	\$ 1.90
1 6 oz container vanilla yogurt	\$ .79
½ cup milk	\$ .24
4 cubes of ice	
honey, to taste	\$ .25
<b>Total:</b>	<b>\$3.57</b>

# of servings: 3 1 cup servings. **Cost per serving: \$1.19**

\*Based on Peapod's on-line pricing as of 2/09.

**Directions:** Place ingredients in a deep bowl and process with hand blender until desired consistency. Serve.

### Nutritional Information per Serving:

<b>Calories</b>	<b>270</b>
<b>Total Fat</b>	<b>2.6g</b>
Saturated Fat	1.5g
% of daily total	7%
<b>Carbohydrates</b>	<b>56g</b>
<b>Protein</b>	<b>10g</b>
<b>Fiber</b>	<b>4g</b>

	% of daily total
Vit A	4%
Vit C:	20%
Calcium:	30%
Iron	3%
Good source of*	B vitamins, Magnesium, Potassium, Zinc
*(10% or more of the RDA)	

based on 2000 calorie diet

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