

Strawberry Banana Smoothie

Yields 4 servings

2 medium bananas
6 large strawberries
3/4 cup ice
3/4 cup nonfat vanilla yogurt
3/4 cup skim milk
1/4 t cinnamon
1 T honey



Process banana, strawberries, and ice in a food processor until there are only small pieces (make sure to hold the processor as large chunks of frozen food can make the appliance come to life!). Add yogurt, milk, cinnamon, and honey. Process until smooth.

Nutrition Facts: 120calories, 0 g fat (1 g saturated fat), 45 mg sodium, 2 g dietary fiber, 4 g protein. Good source of calcium, excellent source of vitamin C.

