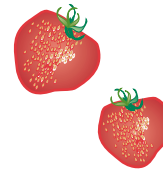
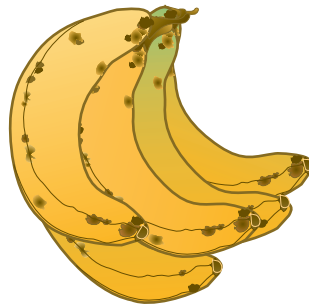
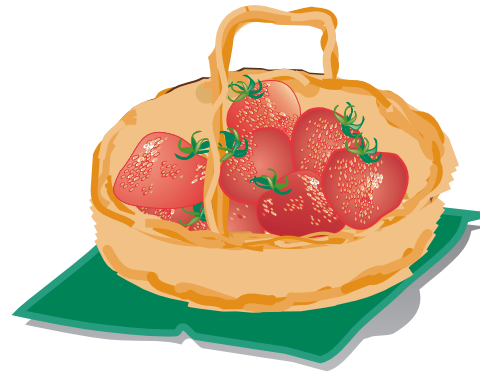


Strawberry Blend

Ingredients:

- 8 ounce cup lowfat/sugar free strawberry yogurt
- 1 whole banana
- 6-8 fresh or frozen strawberries
- 6 ounces low fat milk



Amount Per Serving	
Calories 112	Calories from Fat 5
% Daily Values*	
Total Fat .5g	1%
Saturated Fat 0g	1%
Cholesterol 5mg	1%
Sodium 57mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 4g	
Vitamin A 10%	• Vitamin C 60%
Calcium 60%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Preparation:

1. Combine all ingredients in a blender and blend.

Makes approximately four 3/4 cup servings

Margie Mansure, North Carolina Cooperative Extension, Family and Consumer Educator, Watauga County