



Healthy Dad Recipes

BERRY BANANA SMOOTHIE

Yield: 2 servings

Ingredients:

1 ½ cups	vanilla or plain yogurt
2/3 cup	orange juice
2	ripe bananas cut into chunks
1 cup	fresh strawberries halved
2 tsp	honey



Instructions:

- In a blender, combine all ingredients; cover and process until smooth.
- Pour into chilled glasses and serve immediately.

Nutritional Facts:

1 cup equals 375 calories, 7 g fat (4 g saturated fat), 18 mg cholesterol, 121 mg sodium, 72 g carbohydrate, 5 g fibre, 11 g protein.

Recipe courtesy of tasteofhome.com