

# Strawberry-Banana Smoothie

A 'sure to please' summertime favorite!



## INGREDIENTS

(Makes about 1L)

Strawberries, cored and chopped	400g
Bananas, peeled and chopped	150g
<b>U.S. Milk, whole</b>	<b>50ml</b>
Honey	30g
Clove, powdered	2g
Nutmeg, powdered	1g
Pepper, white, finely ground	1g
Salt	1g
Ice	250g
<b>U.S. Yogurt, low-fat</b>	<b>300g</b>

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	50kcal
<b>Total Fat</b>	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	2mg
<b>Total Carbohydrates</b>	10g
Dietary Fiber	1g
Sugars	7g
<b>Protein</b>	2g
Calcium	59mg
Magnesium	13mg
Phosphorus	51mg
Potassium	164mg
Sodium	54mg
Iron	0mg
Vitamin A	33IU
Vitamin C	21mg

## PREPARATION

1. **Mix strawberry, banana, milk, honey, spices, seasonings, and ice in a blender at high speed until completely smooth.**
2. **Add low-fat yogurt.**
3. **Blend again briefly, just to incorporate.**
4. **Pour into serving glasses and garnish with whole strawberry.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.