

Fruit Smoothie #2

Number of Servings

2

Ingredients

- 1 cup orange juice
- 1 cup reduced-calorie strawberry-banana yogurt
- 1 medium banana
- 1 cup no sugar added strawberries
- 2-3 packets of Splenda sweetener

Instructions

Place all ingredients in blender and blend until smooth.

Nutrition Information

326 Calories; 2g Fat (5.2% calories from fat); 7g Protein; 76g Carbohydrate; 4g Dietary Fiber; 5mg Cholesterol; 67mg Sodium.