

Strawberry Kiwi Fruit Smoothie

Ingredients:

- ¾ cup frozen strawberries
- 1 banana
- 1 peeled, sliced kiwi
- 3 tablespoons low-fat plain yogurt
- 2 tablespoons unsalted sunflower seeds
- 6 ounces orange or pineapple juice

Directions:

Puree all ingredients in a blender. Pour into 2 glasses.

Makes 2 servings.

Nutrition Facts

Serving Size 1 drink (289g)

Servings Per Container 1

Amount Per Serving

Calories 190 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 38g **13%**

Dietary Fiber 5g **20%**

Sugars 23g

Protein 5g

Vitamin A 6% • Vitamin C 200%

Calcium 8% • Iron 10%

*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