



Banana Strawberry Yogurt Smoothie

Makes 1 serving

Ingredients

1 banana, peeled and sliced
4 ounces plain low-fat yogurt
2 teaspoons honey
¼ cup whole milk
2½ ounces fresh strawberries
1 cup ice cubes



Instructions

Combine all ingredients in a blender. Puree until smooth. Serve immediately.

Nutrition Facts

Serving Size: 16 oz; Calories 239; Calories from Fat 40; Total Fat 4.5 g; Saturated Fat 2.5 g; Trans Fat 0 g; Cholesterol 15 mg; Sodium 112 mg; Total Carbohydrates 44 g; Dietary Fiber 3 g; Protein 9 g

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and
BlueChoice® HealthPlan of South Carolina