



Cornell University

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Berry Yogurt Smoothie

Makes 4 servings

Ingredients:

- 1 32 ounce container plain yogurt
- 1 teaspoon vanilla extract
- 8 teaspoons sugar
- 2 cups frozen strawberries, raspberries, blackberries, or blueberries
- 2 small, ripe bananas (optional)

Directions:

1. Combine yogurt, vanilla extract, sugar, berries and bananas in a blender. Puree to blend. May need to make in two batches.

Source: Cayuga County Cornell Cooperative Extension

Nutrition Facts

4 servings per container	
Serving size	(354g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 160mg	7%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	14%
Total Sugars 33g	
Includes 6g Added Sugars	12%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 414mg	30%
Iron 0mg	0%
Potassium 182mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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