Strawberry-Banana Smoothie

A ‘sure to please’ summertime favorite!

INGREDIENTS

(Makes about 1L)

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

NUTRITIONAL CONTENT

Per 100g

Calories 50kcal
Total Fat 1g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 2mg
Total Carbohydrates 10g
Dietary Fiber 1g
Sugars 7g
Protein 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.

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