

## Tropical 'Go Bananas' Smoothie

### What you need:

- 1 cup low fat plain or flavored yogurt
- 1 cup skim milk or 1% milk (for low lactose try Lactaid or soy milk)
- 1 small banana
- 1/2 cup frozen or fresh strawberries (no sugar added) or 1/2 cup canned (rinsed) or fresh pineapple
- 1 teaspoon vanilla extract flavoring
- Sprinkle of nutmeg and cinnamon



(over for directions, nutritional information)

## Tropical 'Go Bananas' Smoothie (continued)



### How to make:

Mix all ingredients together in blender. Add 1/2 cup crushed ice. Blend well. Makes 2 cups (2 servings).

### Nutrition Information:

Serving Size:	1 cup
Calories:	140 calories
Fat:	2 gm.
Carbohydrate:	20 gm.
Fiber:	2 gm.
Protein:	8 gm.
Sodium:	120mg.

Univera  
Healthcare's

fun  
24  
B  
fit

Recipe courtesy of Lifetime Health Medical Group