



STRAWBERRY BANANA SMOOTHIE

SERVINGS: 50 CALORIES: 43 KCAL

Try this delicious smoothie for a cold and refreshing treat! Strawberries, blueberries, bananas and apple juice combine for this kid-favorite!

INGREDIENTS

3 pounds 2 ounces Strawberries, frozen, unsweetened

2 pounds 8 ounces Blueberries, frozen

10 small (6" to 6-7/8") Bananas, raw

20 ounces Apple Juice, unsweetened

INSTRUCTIONS

1. Combine all ingredients in blender until smooth.

RECIPE NOTES

Serving Size: 1/2 cup

Crediting: 1/2 cup fruit

NUTRITION FACTS PER SERVING (4OZ)

Calories: 43 kcal | Saturated fat: 0.03 g | Sodium: 1 mg | Carbohydrates: 10.84 g | Fiber: 1.72 g | Sugar: 4.9 g | Protein: 0.51 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.