SHOPPING LIST

Berry Boost Smoothie

- ◯ Low-fat Plain Yogurt
- ◯ Over-ripe Banana
- ◯ Frozen Raspberries
- ◯ Mango Chunks

First, check off the items you already have at home.

CUT

CUT

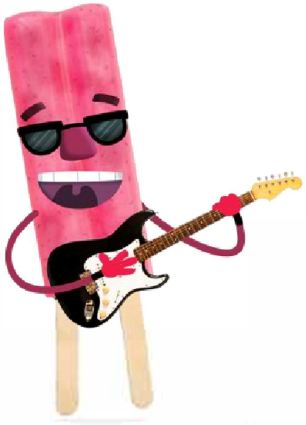
CUT

Freezerburn presents

DRINKS

FIZZY'S LUNCH LAB

Berry Boost Smoothie



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	2
YES	Less than 30 min.	Medium	

YOU WILL NEED

1 cup water

½ cup low-fat plain yogurt

½ over-ripe banana, cut into chunks

¾ cup frozen raspberries

½ cup fresh or frozen mango chunks

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

If the smoothie is too thick, add cold water to thin it out.

STEP 1: Combine the water, yogurt, and banana in the jar of a blender and process until smooth, about 1 minute.

STEP 2: Add the remaining ingredients and process until smooth.

STEP 3: Serve immediately or refrigerate for up to one hour.

Nutrition Facts

Serving Size 1 smoothie (304g)
Servings Per Container 2

Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 17g	
Protein 4g	

Vitamin A 8% • Vitamin C 45%
Calcium 8% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4