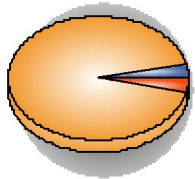


Banana Berry Smoothie

Recipe grams: 258.00g/9.1oz

Serves 1 258.00g/9.1oz per serving



Protein: 3%
Carbohydrates: 93%
Fat: 3%

INGREDIENTS

1 medium Banana, Raw
1 cup Blueberry Or Strawberries, Frozen

DIRECTIONS

You can use any berries or any combination berries - blackberries, blueberries, raspberries or strawberries.

Put all the fruit into a blender and blend until smooth. A high speed blender makes it easier especially with frozen fruit. You can use fresh or frozen berries - fresh berries will produce a creamy drink. Frozen berries will produce an ice cream consistency and you will need a spoon to eat. This is a delicious, high anti-oxidant, low calorie meal. Enjoy!



NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	176		Total Folate (mcg)	24*	6%
Protein (g)	1	3%	Vit-C (mg)	13	21%
Carbohydrates (g)	46	15%	Vit-D (IU)	0*	0%
Dietary Fiber (g)	9	37%	Vit-E (IU)	1	2%
Fat (g)	1	1%	Vit-K1 Phylloquinone(mcg)	1*	1%
Omega-3 (g)	0*		Calcium (mg)	30	3%
Omega-6 (g)	0*		Magnesium (mg)	42	10%
Cholesterol (mg)	0*	0%	Potassium (mg)	518	
Vit-A IU	158	3%	Sodium (mg)	5	0%
Vit-B1 Thiamine (mg)	0	5%	Iodine (mcg)	0*	0%
Vit-B2 Riboflavin (mg)	0	6%	Iron (mg)	1	6%
Vit-B3 Niacin (mg)	2	8%	Selenium (mcg)	1*	2%
Vit-B6 Pyridoxine (mg)	0	23%	Zinc (mg)	1	7%

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.