

Corinne's Healthy Smoothie

Corinne loves raspberries, strawberries, blueberries and bananas. She combined these with ice and yogurt and came up with this smoothie, which is a lot of fun to make!

Ingredients:

1/4 of a 7" banana
5 washed strawberries
1/3 cup raspberries
1/3 cup blueberries
6 oz. of non-fat vanilla frozen yogurt
1 cup ice

The fun of making this smoothie is adjusting it to your own taste! Pick your own favorite fruits—just remember that different fruits and different amounts of ingredients will change the amount of carbohydrates in the recipe.

Serves 4 kids!

Per serving	(makes 4 servings)
Calories	65
Carbohydrates	14 g
Dietary fiber	1.4 g
Total fat	0 g
Saturated fat	0 g
Protein	2.5 g
Cholesterol	0.5 mg
Sodium	29 mg
Potassium	163 mg
Calcium	79 mg

Nutritional analysis by Kattia Corrales-Yauckoes, MS, RD, LDN, Joslin Pediatric Nutrition Educator