

## Strawberry-Banana Smoothie

Makes 1 Serving

### Ingredients

1/2 small ripe banana  
1/2 cup strawberries  
1/2 cup fat-free milk  
1/2 cup nonfat plain yogurt  
1 teaspoon honey  
2 ice cubes

### Directions

In a blender, process until smooth 1/2 ripe banana, 1/2 cup strawberries, 1/2 cup fat-free milk, 1/2 cup low-fat plain yogurt, 1 teaspoon honey, and 1 or 2 ice cubes.

**Per smoothie:** 217 calories, 0 g fat, 134 mg sodium, 48 g carbohydrates, 4 g fiber, 11 g protein