

**Recipe: Fruit Smoothies**

**Servings: 4 servings**

**Serving Size: 8 oz /1 cup**

**Ingredients:**

- 32 oz or 4 cups unsweetened almond milk
- 4 cups of frozen fruit
- 1 cup of nonfat Greek yogurt

**Directions:**

1. Fill blender with unsweetened almond milk up to 32 oz line (1 cup of milk per smoothie)
1. Add desired fruit
2. Blend until smooth
3. Serve and Enjoy



**NUTRITION FACTS per serving:**

FOODS	CALORIES	CARBS	FAT	PROTEIN	CHOLEST	SODIUM	SUGARS	FIBER
Greek Nonfat Yogurt, 0.25 cup	30	2g	0g	6g	3mg	29mg	2g	0g
Berries, 1 cup	70	17g	1g	1g	0mg	15mg	11g	3g
Unsweetened Almond Milk-1 cup	30	1g	3g	1g	0mg	180mg	0g	1g
<b>TOTAL:</b>	<b>130</b>	<b>20g</b>	<b>4g</b>	<b>8g</b>	<b>3mg</b>	<b>224mg</b>	<b>13g</b>	<b>4g</b>