

Chunky Monkey Smoothie

This simple smoothie is a great source of calcium for healthy bones.

Serves 2



Ingredients

- 1 banana
- ½ cup low-fat yogurt
- 2 tablespoons peanut butter
- 1 cup chocolate almond milk

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 2

Amount Per Serving

Calories 240 **Calories from Fat 90**

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 32g **11%**

 Dietary Fiber 3g **12%**

 Sugars 23g

Protein 8g

Vitamin A 8% • Vitamin C 10%

Calcium 20% • Iron 4%

*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

Directions

1. Using a blender, puree all ingredients until smooth.

Please note: nutritional values are approximate.

