



## Banana Strawberry Smoothie

4 servings (about 1 cup each)

### Ingredients

2 cups Dannon® Plain Lowfat Yogurt  
1 medium ripe banana, peeled  
8 ounces strawberries, stems removed  
(about 1 cup)  
8-10 ice cubes

### Directions

Place all ingredients in a blender and blend until smooth. Divide evenly into glasses and serve.

**Nutrition Facts:** Serving Size (242g), Servings per Container 4,  
**Calories** 110, **Calories from Fat** 15, **Total Fat** 2g (3% DV), **Saturated Fat** 1g (5% DV), **Trans Fat** 0g, **Polyunsaturated Fat** 0g, **Monounsaturated Fat** 0g, **Cholesterol** 5mg (2% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 19g (6% DV), **Dietary Fiber** 2g (8% DV), **Sugars** 14g, **Protein** 6g, **Vitamin A** 0%, **Vitamin C** 60%, **Calcium** 20%, **Iron** 2%.  
Percent Daily Values are based on a 2,000 calorie diet.



## Did you know?

Yogurt can often contain **3 out of the 4 nutrients of concern**: calcium, vitamin D and potassium

Yogurt pairs well with other **nutrient dense foods**, including fruits, vegetables and whole grains

**Live cultures in yogurt** may help with lactose digestion for individuals who have difficulty digesting lactose

## Swaps with Yogurt

Ingredient	Swap
1 cup sour cream	1 cup Dannon® Plain Lowfat Yogurt
1 cup buttermilk (whole)	$\frac{2}{3}$ cup Dannon® Plain Nonfat Yogurt plus $\frac{1}{3}$ cup milk
1 cup mayonnaise	1 cup Dannon® Plain Nonfat Yogurt
1 cup cream cheese	1 cup Dannon® Plain Nonfat Yogurt

Note: Dannon® products featured meet the Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check with your state/local WIC program regarding eligibility.

