

## **Fruit Smoothie**

1/2 cup 100% orange juice

1/2 cup vanilla yogurt (2 grams or less added sugar)

1/2 peeled and frozen banana- cut into pieces

1/2 cup frozen strawberries or raspberries, no added sugar

Splenda® or other sweetener to taste

Optional: 1 scoop unflavored, vanilla, or strawberry protein powder

Place all ingredients in blender, blend until smooth. Makes 1 serving.

Nutrition information per serving (without the optional protein powder): 195 calories, 5 grams protein, 0 grams fat, 43 grams carbohydrate, 55 mg sodium.