

Strawberry Smoothie

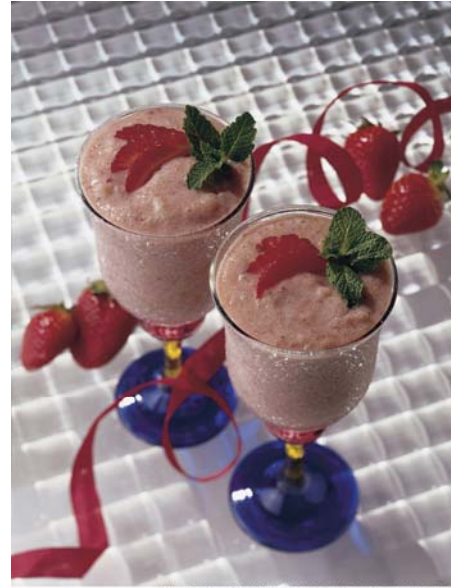
Makes about 2 1-cup servings

Try this cold, thick smoothie with whole grain cereal or a muffin for a delicious breakfast. You can buy frozen strawberries or freeze your own in an airtight container. To freeze bananas, peel them and break into inch-long pieces. Pack loosely in an airtight container and freeze. Bananas will keep in the freezer for about two months, strawberries for six months.

1 cup frozen strawberries
1 cup frozen banana chunks
1/2 to 1 cup unsweetened apple juice

Place all ingredients in a blender and process on high speed until smooth, 2 to 3 minutes, stopping blender occasionally to move unblended fruit to the center with a spatula. Serve immediately.

Nutrition information per 1-cup serving: 121 calories; 3 g protein; 31 g carbohydrate; 0.4 g fat; 2 g fiber; 8 mg sodium; calories from protein: 3%; calories from carbohydrates: 94%; calories from fats: 3%



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