

National Network For Child Care (nccc.org)

BANANA SMOOTHIE

Make up your own variations using other fruits and juices.

1 small frozen banana, cut into chunks
1/2 cup plain low-fat yogurt
1/4 cup orange juice

Put all ingredients into the blender and whirl until smooth.
These are fairly thick. Add more liquid if you want them thinner.

Makes 2 servings, each having 125 calories, 213 mg calcium, 10 mg vitamin C, 7 grams protein, and 160 mg sodium.