

# Berry Smoothie Recipe



TULSA HEALTH  
Department  
School Health Program

Yield: two 10oz servings

## Ingredients

- 1 cup frozen or fresh blueberries
- 1 cup frozen or fresh strawberries, sliced
- 1 cup yogurt, plain or vanilla depending on taste
- 1 banana
- ¼ cup oats
- ¼ cup water

## Directions

Place all ingredients in blender. Blend until smooth. Can add more water as needed to achieve desired consistency.

Supported by the Maternal and Child Health Services Title V Block Grant, Maternal and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
2 servings per container Serving size  Calories per serving <b>240</b>	<b>Total Fat</b> 2g		<b>3%</b>	<b>Total Carbohydrate</b> 48g	<b>17%</b>	
	Saturated Fat 0.4g		<b>2%</b>	Dietary Fiber 6g	<b>21%</b>	
	Trans Fat 0g			Total Sugars 27g		
	Cholesterol < 5mg		<b>1%</b>	Includes 0g Added Sugars	<b>0%</b>	
	Sodium 90mg		<b>4%</b>	<b>Protein</b> 11g	<b>22%</b>	
	Vitamin D 0.3mcg	2%	Calcium 232mg	20%	Iron 1.4mg	8%
	Potassium 727mg	15%				

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.