



# BANANA BREAKFAST SMOOTHIE

May 5, 2010

*Loaded with protein. Prepare this and take along a handful of granola for a quick breakfast on the go. Adding the yogurt at the very end imparts a creamy texture to the smoothie.*

Yield: 2 servings (serving size: 1 cup)

½ cup 1% low-fat milk  
½ cup crushed ice  
1 tablespoon honey  
⅛ tablespoon ground nutmeg  
1 frozen slice ripe large banana  
1 cup plain Greek 2% yogurt

Combine first 5 ingredients in a blender; process 2 minutes or until smooth. Add yogurt; process until just blended. Serve immediately.

## Nutrition Information

**CALORIES 212; FAT 3.6g (sat 2.5g, mono 0.2g, poly 0.1g); CHOLESTEROL 9mg; CALCIUM 200mg; CARBOHYDRATE 34.2g; SODIUM 75mg; PROTEIN 14.2g; FIBER 2g; IRON 0.3mg**

*Cooking Light, MAY 2010*

## CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

Providing guidance and support to make the “*healthy choice the easy choice.*”



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