



Breakfast Smoothie

Serving Size: 10 oz.

Yield: 2 servings



Ingredients:

8 oz (1 cup) nonfat plain yogurt
1 cup % low fat or nonfat milk
1-3/4 cup whole fresh or frozen strawberries, hulled
1 fresh peach, peeled and sliced, or 3/4 cup frozen peach slices (see Note)
2 teaspoons vanilla extract
2 tablespoons chopped walnuts
2 whole strawberries (optional)

Directions:

1. Place first 5 ingredients in a blender. Purée mixture for 15 to 20 seconds.
2. Pour into two tall glasses and top each with 1 tablespoon chopped nuts.
3. Garnish glass with strawberry, if desired.

Note: If you prefer a thicker smoothie, replace the peach with 1 small sliced banana.

Nutritional Facts per Serving: Calories: 210; Fat: 6 g; Saturated Fat: 1 g; Cholesterol: 10 mg; Sodium: 135 mg; Calcium: 30% Daily Value; Protein: 12 g; Carbohydrates: 29 g

Source: *Healthy Eating* By Alice Henneman, MS, RD, Extension Educator, University of Nebraska-Lincoln Extension, Lancaster County.



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