

# Fantastic Fruit Smoothie

Source: Breaking the Food Seduction by Neal Barnard, MD; recipe by Jo Stepaniak

This fruit-sweetened smoothie not only satisfies a sweet tooth, but it is full of healthy antioxidant-rich foods.

## About the Recipe

**153 Calories • 2 g Protein • 2.8 g Fiber**  
**Breakfast • Smoothie**

Frozen fruit makes smoothies extra thick and creamy. If you don't like icy cold beverages, use fresh fruit instead. Experiment with a variety of juices and fruit, depending on what is in season.

## Ingredients

***Makes 2 Servings***

- 1 frozen or fresh banana, broken into chunks
- 1 1/2 c (350 mL) unsweetened fruit juice, any kind
- 1/2 c (74 g) sliced fresh or frozen unsweetened fruit or berries
- 1/2 c (123 g) plain, vanilla, or fruit-flavored soy yogurt

## Directions

1. Combine all ingredients in blender and process until very smooth and creamy. Serve immediately.
2. Tips:&nbsp;With a few ripe bananas in your freezer, you can always create a quick breakfast smoothie. Simply peel bananas, place them in plastic bags, and store in the freezer. They will last for several weeks, depending on your freezer's temperature. &nbsp;To make your smoothie extra creamy and give it a healthy protein boost, try adding a little powdered soy milk or protein powder prior to blending.

# Nutrition Facts

*Per serving*

**Calories:** 160 kcal

**Fat:** 0.5 g

**Saturated Fat:** 0 g

**Calories From Fat:** 3 %

**Cholesterol:** 0 mg

**Protein:** 1 g

**Carbohydrates:** 37 g

**Sugar:** 30 g

**Fiber:** 3 g

**Sodium:** 9 mg

**Calcium:** 26 mg

**Iron:** 0.6 mg

**Vitamin C:** 79 mg

**Beta-Carotene:** 29 mcg

**Vitamin E:** 0.2 mg