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 **optional*

Directions

1. Combine all ingredients in blender and process until very smooth and creamy. Serve immediately.
2. Tips: 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.   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