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

- frozen or fresh banana, broken into chunks (1)
- unsweetened fruit juice, any kind (1 1/2 cups)
- sliced fresh or frozen unsweetened fruit or berries (1/2 cup)
- plain, vanilla, or fruit-flavored soy yogurt (1/2 cup)

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. &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:** 153
- **Protein:** 2 g
- **Carbohydrate:** 37.6 g
- **Sugar:** 26.9 g
- **Total fat:** 0.5 g  
  - **Calories from fat:** 3%
- **Fiber:** 2.8 g
- **Sodium:** 5 mg