



**Agriculture
and Markets**



Cornell University
Cooperative Extension
Seneca County

Connecting schools and students with local farms and farm fresh, nutritious foods!

F2S Strawberry Smoothie

(Makes 2 Smoothies)

Ingredients:

- 8 oz. NYS Vanilla yogurt
- 1 cup fresh strawberries
- 1/2 cup skim milk or berry juice

Instructions:

1. Place all ingredients in a blender and blend until a smooth, drinkable consistency.
2. **Tip:** Using frozen berries works well to create a nice smooth texture. If not using frozen fruit, you may need to add ice.
3. **Note:** You can try different flavors of yogurt and different fruits and juices to create your own smoothie.

****** This fruit smoothie is an excellent source of **calcium**, which our bodies need to make strong bones and teeth. It also provides **potassium**, which is important for our heart, kidneys, muscles, and digestive system.

Nutrition Facts	
Serving Size 8 oz or 1 cup (264g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 5g	
Vitamin A 10%	• Vitamin C 80%
Calcium 25%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	