

Strawberry-Orange Smoothies

Time: 5 min

Ingredients:

- $\frac{3}{4}$ cup fat-free or low fat milk
- 5oz frozen strawberries
- $\frac{1}{2}$ banana, cut into chunks
- $\frac{1}{4}$ cup orange juice
- honey (optional)

Directions:

- In a blender or food processor, place milk, strawberries, banana, and orange juice
- Blend on high speed until smooth
- Add honey to taste



Benefits: Fruit provides both fiber, to help your digestive system, and micronutrients, to perform bodily functions. Milk is a good source of protein, calcium, and vitamin D.



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