

## Healthy Recipe

# GET HEALTHY, STAY HEALTHY

## Wake-Up Smoothie

**Makes:** 3 servings • **Active Time:** 35 minutes • **Total Time:** 5 minutes

With a stash of berries in your freezer, you can jump-start your day with this nutritious, tasty smoothie in just minutes. It provides vitamin C, fiber, potassium and protein.

### Ingredients

- 1 1/4 cups orange juice, preferably calcium-fortified
- 1 banana
- 1 1/4 cups frozen berries, (such as raspberries, blueberries and/or strawberries – fresh can be used)
- 1/2 cup plain Greek yogurt, or low-fat plain yogurt
- 1 tablespoon honey (optional)

### Preparation

- Combine orange juice, banana, berries, yogurt and honey, if using, in a blender; cover and blend until creamy.
- Serve immediately



### Nutrition

Per 1 cup serving : 139 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 33 g carbohydrates; 4 g protein; 4 g fiber; 19 mg sodium; 421 mg potassium. **Bonus:** Vitamin C (110% daily value), Fiber (16% daily value).

### Tips/notes

- If opting to use fresh berries, add a little ice when blending
- Try adding some kale & spinach to bring down the tartness of the berries and add some extra nutrients! (***It will NOT change the taste very drastically.***)