



Healthy Recipe



**REAL FOOD
FIRST**

A BERRY GOOD BANANA SMOOTHIE

2	bananas	1 cup	lowfat milk
2 cups	RI-grown strawberries	1 cup	lowfat plain yogurt

1. Wash, peel, and slice the bananas.
2. Wash and cut off the tops of fresh strawberries.
3. Place the fruit into the blender with the milk and yogurt and whirl away!

Serving Suggestion: Substitute any fruit you like, such as **RI-grown** blueberries, raspberries, or a mixture of all berries!

Nutritional Information

Per serving (4 servings in recipe):

Calories:	140	Vitamin A:	4%
Cal from Fat:	18	Vitamin C:	80%
Total Fat:	2 g	Calcium:	20%
Saturated Fat:	1 g	Iron:	3%
Cholesterol:	7 mg		
Sodium:	71 mg		
Carbohydrates:	26 g		
Fiber:	3 g		
Sugar:	18 g		
Protein:	6 g		

Percent Daily Values are based on a
2000 calorie-per-day diet

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS
the local economy,

HELPS
to preserve open space

and **CONTRIBUTES**
to a
sustainable food system.

Please visit us at
www.kidsfirstri.org and www.realfoodfirst.org