

Berry-Banana Smoothie

Created by Cleveland Clinic Wellness Institute and Lifestyle 180™
Executive Chef Jim Perko*

Makes 2 servings

1 ripe banana, sliced

½ C raspberries, fresh or frozen

¼ C blueberries, fresh or frozen

½ C unsweetened orange juice

1 C low-fat, sugar-free, plain yogurt (no additives)



1. Place ingredients in a blender.
2. Blend until smooth.
3. Serve immediately!

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NUTRITIONAL INFORMATION (PER SERVING):

Calories: 140
Total Fat: 0.5g
Protein: 6g
Carbohydrate: 29g

Dietary Fiber: 3g
Cholesterol: 0mg
Sodium: 75mg