



strong bodies **healthy minds**

## Rainbow Swirly Smoothie

The Rainbow Swirly Smoothie was created here at HealthBarn for kids by kids! It's so easy, refreshing and vitamin-packed that parents love it, too. Blend this yummy smoothie up for breakfast or share it with friends for a high-energy, after-school snack. It's loaded with vitamin C to help keep your body running strong, it's a good source of calcium, and it has fiber to keep your digestive system regular. Drink up!

### Ingredients:

1½ cups frozen strawberries (can substitute frozen blueberries or raspberries)  
1 banana, cut in half  
1 cup vanilla low-fat yogurt  
¾ cup calcium-fortified orange juice  
1 teaspoon honey

### Directions:

1. Place all ingredients in blender; blend until smooth.
2. Pour into glasses.

Makes 4 servings (1 cup per serving).

**Nutrition Facts per serving:** 120 calories; 2.5g total fat (0.5g sat fat, 1g poly, 0g trans fat); 5mg cholesterol; 22g carbohydrate (3g fiber, 12g sugar); 4g protein; 40mg sodium; 4% Daily Value (DV) vitamin A; 70% DV vitamin C; 15% DV calcium; 2% DV iron.