

Terrell County 4-H News

Banana Nut Smoothie

What you need:

Utensils:

- Measuring cups and spoons
- Stirring spoon
- Blender

Ingredients you need:

- 2 bananas, ripe
- 2 cups pineapple juice
- 2 tablespoons creamy peanut butter
- 2 tablespoons fat-free plain yogurt
- 1½ teaspoons vanilla extract
- 6 ice cubes
- Nutmeg to taste



What to do:

1. Wash your hands and clean your cooking area.
2. Combine all ingredients, except nutmeg, in blender.
3. Cover and run on high until smooth and well-blended.
4. Sprinkle with nutmeg.

Nutrition Facts

Serving Size 1 cup (201g)
Servings Per Container 4

Amount Per Serving

Calories 170 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 32g 11%

Dietary Fiber 2g 8%

Sugars 24g

Protein 3g

Vitamin A 2% • Vitamin C 20%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4