



## July BERRIES



EatingWell

### WAKE-UP SMOOTHIE

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## Wake-Up Smoothie

**ACTIVE:** 5 MIN **TOTAL:** 5 MIN

*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 soy protein.*

- 1¼ cups orange juice, preferably calcium-fortified
- 1 banana
- 1¼ cups frozen berries, such as raspberries, blackberries, blueberries *and/or* strawberries
- ½ cup low-fat silken tofu *or* low-fat plain yogurt
- 1 tablespoon sugar *or* Splenda Granular (optional)

Combine orange juice, banana, berries, tofu (or yogurt) and sugar (or Splenda), if using, in a blender; cover and blend until creamy. Serve immediately.

**SERVES 3:** 1 CUP EACH

Calories 139, Fat 2g (sat 0g), Cholesterol 0mg, Carbs 28g, Total sugars 17g (added 0g), Protein 4g, Fiber 4g, Sodium 19mg, Potassium 421mg.

Nutrition bonus: Vitamin C (111% daily value).