



Cornell University
Cooperative Extension
New York City



Batido de Frutas

Ingredientes:

- 3 tazas de fresas o otra fruta, congeladas
- 2 tazas de leche descremada
- 1 banano grande
- 1 taza de yogur bajo en grasa, simple o de vainilla

Instrucciones:

1. Descongele la fruta congelada lo suficiente para que se mezcle fácilmente.
2. Ponga la leche en la licuadora.
3. Agregue los trozos de fruta congelada a la leche en la licuadora.
4. Agregue el banano y el yogur.
5. Mezcle hasta que quede suave por unos 30-45 segundos.

Sea creativo: Agregue cualquier fruta fresca de temporada o fruta congelada para el batido.

Rinde: 4 porciones, 1 1/3 tazas cada una

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Nutrition Facts

servings per container
Serving size 1 1/3 cup (324g)

Amount per serving
Calories **150**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 268mg	20%
Iron 1mg	6%
Potassium 477mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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