



Sunset on the Farm - Strawberry Mango Smoothie Recipe

Ingredients:

- 1 Banana
- 1/2 Cup of Yogurt
- 1 Cup of Frozen Mango
- 2/3 Cup of Frozen Strawberries
- Ice
- 1 Cup of Orange Juice (approximately)

Prep it in Your Pitcher:

1. Peel your banana and place in the bottom of your blender pitcher.
2. Add 1/2 cup yogurt
3. Scoop in 1 cup of frozen mango and 2/3 cup of frozen strawberries.
4. Scoop in some ice.
5. Top off with Orange Juice - fill until the juice is up to the fruit/ice line.
6. Cover with the lid and pop onto your bike blender! Blend until smooth (roughly 15 seconds to one minute, depending on how hard you pedal)

Nutrition Facts

Serving size: 1 cup

Servings: 4

Amount per serving

Calories **108**

% Daily Value*

Total Fat 0.6g	1%
Saturated Fat 0.4g	2%
Cholesterol 2mg	1%
Sodium 22mg	1%
Total Carbohydrate 23.9g	9%
Dietary Fiber 2.1g	7%
Total Sugars 18.1g	
Protein 2.8g	
Vitamin D 0mcg	0%
Calcium 62mg	5%
Iron 1mg	5%
Potassium 301mg	6%

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

Recipe analyzed by **verywell**

Make it healthier!: Replace the OJ with water and a squeeze of honey.

Adapted From: Rock the Bike - <https://rockthebike.com/>

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Very Berry - Mixed Berry Smoothie Recipe

Ingredients:

- 1 Banana
- 1/2 Cup of Yogurt
- 1 Cup of frozen Mixed Berries
- 1/3 Cup of Frozen Strawberries
- Ice
- 1 Cup of Milk (approximately)

Prep it in Your Pitcher:

1. Peel your banana and place in the bottom of your blender pitcher.
2. Add 1/2 cup yogurt
3. Scoop in 1 cup of frozen mixed berries and 1/3 cup of frozen strawberries
4. Scoop in some ice.
5. Top off with milk - fill until the juice is up to the fruit/ice line.
6. Cover with the lid and pop onto your bike blender! Blend until smooth (roughly 15 seconds to one minute, depending on how hard you pedal)

Nutrition Facts

Serving size: 1 cup

Servings: 4

Amount per serving

Calories **103**

% Daily Value*

Total Fat 1.8g **2%**

Saturated Fat 1.1g **5%**

Cholesterol 7mg **2%**

Sodium 50mg **2%**

Total Carbohydrate 17.2g **6%**

Dietary Fiber 2.3g **8%**

Total Sugars 11.8g

Protein 4.3g

Vitamin D 0mcg **2%**

Calcium 137mg **11%**

Iron 0mg **2%**

Potassium 257mg **5%**

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

Recipe analyzed by **verywell**

Adapted From: *Rock the Bike* - <https://rockthebike.com/>

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