Harvest of the Month

WELLthy with Black River Memorial Hospital

Blueberry Swirl Smoothie

B-WELLthy Choices.

Good taste. Good health.

Ingredients:

1 banana
4 ice cubes (if using fresh fruit)
1 cup frozen strawberries
½ cup orange juice
1 cup frozen blueberries
¾ cup vanilla yogurt
1 cup frozen cherries or raspberries
½ teaspoon honey (optional) or other sweetener
1 Tbsp. Ground flaxseed

Directions: Place banana, strawberries, blueberries, cherries, and ice cubes into a blender. Pour in the orange juice, vanilla yogurt, and honey. Puree until Smooth. Serves 4. Can use frozen or fresh fruit.

Nutrition info. Per serving: Approx. 130 Calories, 1.5g Fat, 4g Protein, 29g Carbohydrate, 5g Fiber Per Serving (makes 4 servings approx. 1 c. ea.)

Jackson In Action — Healthy Eating. Active Living. Jackson County, WI

Nutrition Facts

servings per container
Serving size (228g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 1mcg	6%
Calcium 84mg	6%
Iron 1mg	6%
Potassium 303mg	6%

*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.

View recipe videos at www.BRMH.net/recipes Harvest of the month is a program coordinated by www.Jackson in Action.org. **Black River Falls Memorial Hospita**l is one of the community coalition members