

## 3-A-Day™ of Dairy

### POMEGRANATE SMOOTHIE

*Recipe created by 3-A-Day™ of Dairy*

Makes 4 servings (1 cup per serving)

Prep time: 5 minutes

Freezer time: 3 hours

#### Ingredients:

- 1 banana
- 2 cups (16 ounces) fat-free vanilla yogurt
- 1 cup pomegranate juice
- 1 tablespoon coarse sugar (optional)
- pomegranate seeds (optional)

Wrap peeled banana in plastic wrap and freeze 3 hours or until frozen. Unwrap banana, break into chunks and place in a blender with the yogurt and juice. Cover and blend until smooth; pour into 4 glasses to serve. Top with pomegranate seeds if desired.

Serving tip: Before serving, wet edge of glass and dip into coarse sugar for decorative edge.

#### **Nutrition Facts per serving for individual food:**

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Calories	170
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	85 mg
Calcium	20% Daily Value
Protein	6 g
Carbohydrates	36 g
Dietary Fiber	1 g