

Strawberry-Banana Smoothie

Chef Alyssa - Aldi Test Kitchen
www.aldi-com

1/2 cup light cranberry juice
1/2 cup vanilla nonfat yogurt
1 banana, sliced
6 strawberries, rinsed and
halved
5 ice cubes

Combine all of the ingredients in a blender.

Pulse until smooth.

Serve in a tall glass.

Per Serving (excluding unknown items): 130 Calories; 1g Fat (5.0% calories from fat); 2g Protein; 33g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 2 Fruit.