Pomegranate Smoothie



Makes 4Servings  
Prep Time: 5min  
Cook Time: 3min

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.

Recipe created by 3-Every-Day™ of Dairy

Nutritional Facts

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

- See more at: http://www.nationaldairycouncil.org/Recipes/Pages/Pomegranate-Smoothie.aspx#sthash.0dfjOAlV.dpuf