

## Breakfast fruit smoothie

submitted by tewdrop



Per serving: 135 Calories • 33g Carbs (3.4g Fiber) • 0.6g Fat • 2g Protein

### Ingredients

*Ingredients scaled to: 16 oz*

1 cup, halves **Strawberries** (152 grams)

1 medium (7" to 7-7/8" long) **Banana** (118 grams)

1 cup **Orange juice** (249 grams)

### Directions

*Directions are based on the original recipe of 16 oz*

1. Just put all the ingredients in the blender and blend until smooth. Optionally, blend with ice. Then drink and enjoy!