Citrus Berry Smoothie

**Makes:** 1 smoothie, about 2 cups

**Active Time:** 5 minutes

**Total Time:** 5 minutes

INGREDIENTS

* 1 1/4 cups fresh berries
* 3/4 cup low-fat plain yogurt
* 1/2 cup orange juice
* 2 tablespoons nonfat dry milk
* 1 tablespoon toasted wheat germ
* 1 tablespoon honey
* 1/2 teaspoon vanilla extract

PREPARATION

1. Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

NUTRITION

**Per serving:** 432 calories; 3 g fat (2 g sat, 0 g mono); 15 mg cholesterol; 77 g carbohydrates; 20 g protein; 7 g fiber; 250 mg sodium; 617 mg potassium.

**Nutrition Bonus**: Vitamin C (175% daily value), Calcium (63% dv), Potassium (18% dv), Magnesium (16% dv).

**Carbohydrate Servings:** 4 1/2

**Exchanges:** 3 fruit, 2 low-fat milk

Bagel Gone Bananas

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Talk about a grab-and-go breakfast: this bagel topped with nut butter and banana slices is ready in just 5 minutes and easy to eat on the run.

**Makes:** 2 servings, 1/2 bagel each

**Active Time:** 5 minutes

**Total Time:** 5 minutes

INGREDIENTS

* 2 tablespoons natural nut butter, such as almond, cashew or peanut
* 1 teaspoon honey
* Pinch of salt
* 1 whole-wheat bagel, split and toasted
* 1 small banana, sliced
* PREPARATION

1. Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.

NUTRITION

**Per serving:** 284 calories; 10 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 44 g carbohydrates; 6 g added sugars; 8 g protein; 6 g fiber; 369 mg sodium; 301 mg potassium.

**Carbohydrate Servings:** 2 1/2

**Exchanges:** 1 1/2 starch, 1 fruit, 2 fat