



Total Time
5 MIN.

Serving & Size
1 EACH (12 FL OZ)

Difficulty
EASY

Healthy and creamy, a combination of V8 Splash Diet, yogurt and bananas make this smoothie low in fat and high in goodness and flavor.

Yields
24

Nutrition Facts	
Serving Size	1 EACH (12 FL OZ)
Amount Per Serving	
Calories 157	
	% Daily Value
Total Fat 1.6g	2%
Saturated Fat 0.9g	5%
Cholesterol 5mg	2%
Sodium 71mg	3%
Total Carbohydrate 33.1g	11%
Dietary Fiber 3.1g	12%
Protein 5.3g	11%
Vitamin A 5%	Vitamin C 21%
Calcium 11%	Iron 3%

INGREDIENTS	WEIGHT	MEASURE
--------------------	---------------	----------------

V8 Splash® Diet Berry Blend		5 qt.
plain low fat yogurt	8 oz.	2 qt.
banana, medium, peeled	100 oz.	24 ea.
ice, cubes, as needed		
mint, individual sprig(s)		24 ea.

INSTRUCTIONS

- For Each Serving:** In a blender combine 3/4 cup juice, 1/3 cup yogurt, 1 peeled banana and 3-4 ice cubes; blend on high speed until smooth, about 1 minute. CCP: Serve beverage chilled to below 40 °F.
- Pour into a 16-oz. glass and garnish with mint, if desired.

TIP

V8 Splash Diet Tropical Blend may be used. Other flavored yogurts may be substituted.