

Rainbow Swirley Smoothie

by [Stacey Antine, MS RD](#) and HealthBarn USA

Servings: 4 (8 Ounces Per Serving)

The HealthBarn USA Rainbow Swirley Smoothie was created for kids by kids! It's so easy, refreshing and vitamin-packed — even parents like it. Blend this yummy smoothie up for breakfast or share it with friends for a high-energy after-school snack. It's loaded with antioxidants that keep our bodies running strong, calcium for strong bones and teeth, and omega-3 fatty acids to make us super smart!

Ingredients:

6 ice cubes

1 cup low fat vanilla yogurt

½ cup 100% pure orange juice

1½ cups fresh strawberries (can substitute blueberries, raspberries or frozen berries)

1 banana

2 tablespoons flaxseeds, ground

1 tablespoon honey

Directions:

1. Place ice cubes into blender and crush ice (looks like snow!)
2. Place remaining ingredients into blender.
3. Blend until smooth.
4. Pour into cups.
5. Enjoy!

Nutrition Facts: Serving Size: 8 ounces; Calories 160

Total Fat 3g; Saturated Fat 1g; Cholesterol 5mg; Sodium 45mg; Total Carbohydrate 31g; Dietary Fiber 3g; Sugars 24g; Protein 4g