

Cambridge in Motion

presents

this week's *healthy recipe*:

Banana smoothie

Ingredients

1 frozen or fresh ripe banana
1/2 cup nonfat yogurt
1/2 cup fresh orange juice
1/4 cup blueberries (frozen or fresh, washed)

Directions:

Combine all ingredients in a blender and blend until smooth.

Serves 1.

As a community, we can work together to promote health.
Send your child to school with a healthy snack!.



a Mass in Motion Initiative sponsored by the Massachusetts Department of Public Health

CAMBRIDGE PUBLIC HEALTH DEPARTMENT



Cambridge Health Alliance