

### **Nutribar Yogurt Fruit Drink**

1 cup low-fat plain yogurt

1 frozen banana, chopped

½ cup strawberries

1 scoop Nutribar Powder

Combine all ingredients in a blender. Mix on low speed for 20 seconds. Then mix on high speed for 1 minute, or until smooth.

Per Serving: 415.7 calories; protein 19.5 g; fat 6.7 g; carbohydrate 72.9 g.