National Starch FOOD INNOVATION

Natural Hi-maize® Resistant Starch

Strawberry Banana Smoothie with Hi-maize® 260 resistant starch

Whether it provides a nutritious breakfast or a healthy snack, this smoothie is refreshing and delicious.

Ingredients

- 1 cup (8 fluid ounces) orange juice
- 1 cup frozen strawberries
- ½ medium fresh banana
- 1/3 cup unflavored or plain yogurt
- 1 tablespoon Hi-maize 260 resistant starch

Nutrition Facts

Serving Size 16 fl oz

Amount Per Serving

Calories 260	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 67g	**22%**
Dietary Fiber 8g	**32%**
Sugars 44g	
Protein 7g	

Vitamin A 8% • Vitamin C 110%

Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

Place all ingredients in a blender. Blend until smooth. Serve immediately.
Change fruit if needed to suit your taste and preference.