

Dairy RECIPE HANDOUT

Fruit Smoothie

EQUIPMENT/ SUPPLIES

- Blender
- 2 liquid measuring cups
- Spatula
- 2 cups

INGREDIENTS FOR 2 SERVINGS

- 1 bag of frozen strawberries
OR other frozen fruit
- 1 cups of low-fat vanilla yogurt
- 1 cup of 100% orange juice

DIRECTIONS

1. Measure and add the necessary ingredients into the blender.
2. Blend the ingredients together in blender until smooth.
3. Pour the smoothies into cups and enjoy!



Make sure to refrigerate the leftovers immediately!