

STRAWBERRY SMOOTHIES



INGREDIENTS (Per Batch*):

* Enough ingredients are provided for 2 batches

- 1/2 cup 100% orange juice
- 1 large banana peeled and sliced
- 1 cup fresh strawberries
- 1 cup vanilla yogurt
- 5 ice cubes (optional)

INSTRUCTIONS:

1. Prepare the smoothies in a blender in two batches.
For each batch:
 - Combine orange juice, banana, and strawberries into the blender. Blend until smooth.
 - Add yogurt and ice cubes. Blend until smooth.
2. Serve immediately and enjoy!

Yield: 24 (1/4 cup) tastings
Source: EatFresh.org

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Nutrition Programs & Services

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