



Fruit Smoothie

Blend the ingredients below together until your smoothie reaches desired thickness.

½ frozen banana

1 cup of favorite frozen fruit (i.e. berries, peaches, mango, pineapple)

6-oz Low-fat yogurt (vanilla or fruit flavored)

1 cup 1% or skim milk

Ice

Note: Let your child pick the fruit and yogurt flavor combination to try. This can be a new adventure and tasty treat each time!

