



# Fruit Smoothie

Choose your favorite fruit to make this smoothie!

## Kids' Tool Kit

Blender  
Measuring spoons  
Measuring cups  
Rubber spatula  
Knife  
Cutting board



Level: Easy

Makes: 3 cups

## Ingredients:

1 cup plain, fat-free yogurt  
1/2 cup 2% milk  
3 tablespoons nonfat dry milk  
6 to 8 ice cubes  
1/2 teaspoon vanilla  
Choose 2 from list below:  
6 strawberries  
1/2 peach or banana  
1/3 cup canned peaches or pears  
1/4 cup pineapple chunks  
1 tablespoon peanut butter  
1 tablespoon frozen juice concentrate



## Chef's Choice

Fruit Smoothie  
Cinnamon Raisin Toast



## Directions:

**Remember to wash your hands!**

1. Put all ingredients in blender and blend on high until smooth.
2. Store leftovers in refrigerator!

## Nutrition Facts

3 servings per container	
Serving size	1 cup (215g)
Amount per serving	
<b>Calories</b>	<b>90</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 241mg	20%
Iron 0mg	0%
Potassium 154mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Helpful Hints:** Not only are the smoothies great tasting, but they are also packed with good nutrition. There's lots of calcium, which helps build strong bones and teeth, and vitamin D, which helps us use calcium. The fruit provides vitamin C to keep our gums and blood vessels healthy. The milk, yogurt and peanut butter supply protein to help build and repair skin, muscle and blood.



**Safety Tip:** Young children need supervision when using a blender. The blades are very sharp and could easily cut fingers. Help with assembly and clean-up. Make it a rule with kids that the lid is always on the blender while it is running. Turn it off when adding ingredients.

**K-STATE**  
Research and Extension



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For more information about this recipe and other fun recipes contact your county extension office in Kansas or visit the website at <http://www.kidsacookin.org/>