

Fruit Smoothie

Choose your favorite fruit to make this smoothie!

3 cups

Ingredients:

- 1 cup plain or flavored yogurt
- 1/2 cup low fat milk
- 3 tablespoons nonfat dry milk
- 6 to 8 ice cubes
- 2 tablespoons sugar
- 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 or
- 1 tablespoon frozen juice concentrate

Directions:

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

Nutrition Facts: One cup provides 170 calories, 1.5g total fat, 5mg cholesterol, 95mg sodium, 35g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Fruit Smoothie
Cinnamon Toast

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