

Fruit Smoothie

Step 1: Select, wash and cut up

1/4 cup fresh fruit

Apples or Applesauce

Blueberries

Strawberries

Peaches

Oranges

Bananas

Fruit Smoothie

**Step 2: Mix or add ½
cup of:**

Plain Yogurt

Low-fat Vanilla

Yogurt

Frozen Juice

Concentrate

Frozen Fruit

Ice Cubes

Fruit Smoothie

Step 3: Add 1/4 cup

liquid:

Milk

Soy Milk

Fruit Juice

Fruit Smoothie

Step 4: Screw

blender blades on jar

Whirl until smooth.

Pour into cup. ENJOY!