

Create A WINNING Smoothie

Select ingredients - place in a blender - mix - pour - enjoy!!

(Refrigerate any leftovers. If a blender is not available, use a re-sealable bag and crushed ice.)

<h2 style="text-align: center;">Fruit</h2> <p style="text-align: center;">Fresh, frozen, or canned in juice (pick 1-3 fruits to equal about 1 cup)</p>	<h2 style="text-align: center;">Milk & Yogurt</h2> <p style="text-align: center;">Select nonfat or lowfat (about 1 cup)</p>	<h2 style="text-align: center;">Extras</h2> <p style="text-align: center;">Add to flavor or thicken (small amounts)</p>
bananas pineapples mangoes strawberries kiwifruits cantaloupes blueberries nectarines tangerines applesauce peaches raspberries cherries oranges apples papayas apricots honey dew melons fruit cocktail	milk chocolate milk yogurt (plain or flavored) buttermilk evaporated milk powdered milk soy milk (non-dairy option)	ice cubes honey fruit nectar maple syrup fruit juice vanilla flavoring frozen yogurt (lowfat or nonfat) part-skim ricotta cheese instant pudding mix silken tofu nuts peanut butter nutmeg cinnamon

Name your original smoothie. For example: Anthony's Amazing Apple Surprise or Maria's Mango Mania!

Three ideas to get you started. Combine the following:

1 cup fruit cocktail (canned & chilled)
 1 cup milk*
 $\frac{1}{4}$ cup powdered milk
 3 ice cubes
 dash of cinnamon

1 cup frozen berries
 1 cup vanilla yogurt*
 1 cup grape juice

1 mango, peeled and chopped
 $\frac{3}{4}$ cup milk*
 $\frac{1}{4}$ cup vanilla yogurt*
 $\frac{3}{4}$ teaspoon vanilla
 3 ice cubes

*Select lowfat or nonfat milk and yogurt