Fruit Smoothie
Makes 4 servings

Ingredients:
- 3 cups strawberries or other fruit, frozen
- 2 cups nonfat milk
- 1 large banana
- 1 cup low-fat vanilla yogurt

Directions:
1. Defrost the frozen fruit just enough so that it will blend easily.
2. Pour the milk into the blender.
3. Add the pieces of frozen fruit to the milk in the blender.
4. Add the banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Be creative: Add any seasonal fresh fruit or frozen fruit to the smoothie.

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP