

FRUIT SMOOTHIES

Fruit smoothies are a nutritious drink to enjoy at any time, especially breakfast. The fruit smoothie mixture can also be poured into popsicle molds and frozen to make smoothsicles! Take this recipe home and teach your family how to make a tasty, healthy drink.

Fruit Smoothie Ingredients and Directions

Please experiment with these proportions and create the most delicious smoothie.

1 1/2 cups or 375 ml of milk or orange juice

1/2 cup or 125 ml of frozen berries

1/2 cup or 125 ml of yogurt

1/2 banana

Add ice cubes (optional)

Blend until smooth and frothy and enjoy immediately! Makes approximately 3 cups or 750 ml.

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