

Superhero Strawberry Smoothie

Makes 8 child-size servings (serving size = ½ cup)

1 ½ cups frozen whole strawberries, unsweetened


1 ½ cups frozen mixed fruit – pineapple, mango, banana

1 ½ cups low-fat milk

8 oz. low-fat vanilla yogurt

1. Wash hands with soap and water.
2. Place all ingredients in a blender.
3. Cover and blend until smooth.
4. Serve immediately.

For more fun, freeze leftover smoothie in freezer pop molds or in paper cups with wooden sticks inserted in center to make frozen treats.



Pick your favorite,
or try a fruit that's
new to you!!