



## FRUIT SMOOTHIES

### MATERIALS:

Measuring cups  
Blender

### INGREDIENTS:

1 medium banana  
½ cup ice cubes  
1 cup low-fat plain yogurt or milk  
½ cup juice  
4 fresh or frozen strawberries

#### Optional Ingredients

½ teaspoon ground cinnamon

**Serves:** 2; 1 cup per serving

Recipe adapted from Share Our Strength's Cooking Matters®

Find more recipes online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

## DIRECTIONS:

1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.

## Chef's Notes:

- Use any fresh or frozen fruit, such as peaches, blueberries, raspberries, or mangoes.
- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- Freeze slices of fruits that are about to go bad. Use these in your smoothies.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.
- If you don't have a blender, use a fork to mash the fruit. Whisk in the other ingredients.