

PROJECT: GET IT DONE TOGETHER

Yogurt Smoothies

Adult Supervision Required | Contains dairy

Ingredients:

- 1 cup of vanilla low fat yogurt
- 1 cup of cold fruit juice (100% juice, no sugar, such as Ocean Spray)
- 1 cup of assorted fruit: berries peaches, plums, bananas, raspberries, blueberries

Instructions:

1. Place yogurt and fruit juice into blender.
2. Chop fruit into ½ size pieces and place in blender up to ¾ full.
3. Blend all ingredients until pureed.
4. Chill and serve.

Makes 1 pitcher

Total time: 10 minutes

