



MAKE YOUR OWN Smoothie

Servings: **2**

Serving Size: **2** $\frac{1}{2}$ cups

Prep Time: **5** minutes

What You Need

- 1 cup 100% fruit juice, such as orange, pineapple, or grape
- 1 $\frac{1}{2}$ cups unsweetened, frozen fruit, such as strawberries, mixed berries, mango, or peaches
- $\frac{1}{2}$ cup nonfat or lowfat (1%) milk or yogurt

Get Cookin'

1. Place all ingredients in a blender and cover with a tight fitting lid.
2. Blend until smooth.
3. Pour into cups or glasses and serve.

Tip

You can use 1 $\frac{1}{2}$ cups fresh fruit and 10 ice cubes instead of frozen fruit.