



Sweet Smoothies

Here's a smoothie recipe that's always a big hit with kids.

1 cup orange juice

1 cup nonfat or low-fat vanilla yogurt

1 cup frozen unsweetened strawberries

1 ripe banana

1 teaspoon vanilla extract (optional)

Place all ingredients in a blender, and blend on high speed for 20 seconds or until creamy and smooth.

This material was funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

This institution is an equal opportunity provider and employer.