

## Strawberry/Banana Smoothie

1 cup	Low-fat yogurt
1 cup	Pineapple juice
3 whole	Ice cubes, crushed
5 medium	Strawberries
1 medium	Banana, peeled

1. Place all ingredients in blender.
2. Blend until smooth. Serve at once.

Makes 1 serving. Food Guide Pyramid servings: 3 fruit, 1 dairy.



**Hint:** You can crush the ice cubes in a plastic bag using a rolling pin or hammer to tap the ice cubes. Do NOT pound the ice cubes, as that will tear the plastic bag.

## Strawberry Smoothie

1 cup	Frozen strawberries, packed without syrup
1 cup	Nonfat or low-fat vanilla yogurt
1 cup	Ice cubes (optional)
1/2 tsp	Vanilla extract (optional)



1. Place all ingredients in a blender.
2. Blend until mixture is frothy, about 4 minutes.
3. Make sure all strawberries and ice cubes are blended.
4. Pour into glasses.

Makes 2 servings. Food Guide Pyramid servings: 1 fruit, .5 dairy.

