

Strawberry/Banana Smoothie

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| 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

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| 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.