



# 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.