

# RECIPE

## FIVE SMOOTHIES

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### INGREDIENTS

#### **VERY BERRY:**

4 oz. vanilla yogurt  
1/4 cup frozen blueberries, whole  
1/4 cup frozen strawberries, whole  
1/4 cup milk

#### **STRAWBERRY BANANA:**

4 oz. vanilla yogurt  
1/2 cup frozen strawberries, whole  
1/2 banana  
1/4 cup milk

#### **GO GREEN:**

4 oz. vanilla yogurt  
1/2 can pears, halves, drained  
1/4 banana  
3/4 cup raw spinach  
1/4 cup milk

#### **SUNRISE SURPRISE:**

4 oz. vanilla yogurt  
1/2 can mandarin oranges, drained  
1/4 cup frozen strawberries, whole  
Splash of vanilla extract  
1/4 cup milk

#### **PEACHY KING:**

4 oz. vanilla yogurt  
1/2 can peaches (in juice), drained  
1/4 cup milk

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### PROCEDURE

1. Add yogurt and frozen fruit to the blender to mix.
2. Add milk to blender, and blend until smooth!

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### TOOLS NEEDED

Measuring cup  
Blender

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# GROCERY LIST

## DAIRY COOKING DEMO

### FRESH

- 1 banana
- 1 bag (10 oz.) of spinach

### FROZEN

- 1/4 cup frozen blueberries
- 1 cup frozen strawberries

### CANNED

- 1 15 oz. canned peaches (*in juice*)
- 1 15 oz. canned mandarin oranges (*in juice*)
- 1 15 oz. canned pears (*in juice*)

### DAIRY

- 20 oz. vanilla yogurt (*consider trying Greek yogurt for additional protein*)
- 1/2 gallon of milk