**FIVE SMOOTHIES**

**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

**PROCEDURE**

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

**TOOLS NEEDED**
- Measuring cup
- Blender
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