

# SLURPILICIOUS SMOOTHIES



Smoothies are easy and nutritious for breakfast, snack or anytime!

**Bakers Buzzin'**  
CHILDREN. LOVE. COOKING.



## Ingredients

- 1 8 ounce carton vanilla or strawberry low-fat yogurt
- 1 banana, peeled and cut into slices
- 1/2 cup orange juice
- 1/2 cup frozen fruit of your choice  
(Try frozen blueberries, raspberries, peaches, strawberries, or a combination!)



## Instructions



- Add the yogurt, banana and orange juice to a blender.
- Cover the blender and **blend** until smooth (about 30 seconds).
- Remove the cover and add frozen fruit.
- Cover the blender and **blend** again until smooth.
- Use a rubber scraper to **scrape** down the sides, if necessary.
- Pour into three cups for you and two of your friends to enjoy!