

Blueberry Banana Smoothie, makes 4 servings

2 cups Blueberries
1 each Banana, small
1 cup Skim milk
1 cup Yogurt, plain, nonfat
1 tablespoon Honey

Instructions

1. Wash blueberries under cold, running water.
2. Place blueberries, banana, milk, and yogurt in a blender. Cover. Blend ingredients until smooth.
3. Serve in a glass with a few blueberries for garnish.

Frozen Strawberry Banana Smoothie, makes 4 servings

1 cup Strawberries, frozen, IQF (Individually quick frozen)
2 each Bananas, small
1 cup Yogurt, plain, nonfat
1 cup Orange juice

Instructions

1. Place frozen strawberries, banana, yogurt, and orange juice in a blender. Cover. Blend ingredients until smooth.
2. Serve in a glass with a few raspberries for garnish.

Peachy Breeze Smoothie, makes 6 servings

1 can, 20 oz Pineapple tidbits, canned in juice, drained
1 can, 15 oz Peaches, canned in juice drained
1 can, 15 oz Peaches, canned in juice, drained
1 cup Ice
1 cup Orange juice or juice from canned fruit
Raspberries for garnish, optional

1. Drain canned fruit. Place pineapple, mango, peaches, ice, and orange juice in a blender. Cover. Blend ingredients until smooth.
2. Serve in a glass with a few raspberries for garnish.