



Razzle Dazzle Smoothie

Create-a-Smoothie, New England Dairy and Food Council

Servings

6

Ingredients

- 1 ½ cups fat-free milk
- 3 cups vanilla yogurt, low-fat
- 1 ½ cups mixed berries, frozen
- 1 banana, frozen

Preparation

1. Collect and measure all ingredients.
2. Add the fruit and yogurt to the blender.
3. Pour the milk into the blender.
4. Blend for about 30-45 seconds until smooth.
5. Refrigerate leftovers immediately. Drink within 2 days*



Note: *These can also be made ahead of time and frozen. Thaw overnight in the refrigerator for a quick breakfast.

Be creative! Add any fresh or frozen fruit to the smoothie. If using only fresh fruit, add a few ice cubes before blending. Be sure to wash fresh fruit before using.

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