Make Your Own Fruit Smoothies

Smoothies are easy, healthy, and can be made to your liking!

Try these combos!

**Very Berry**: ½-cup mixture of strawberry, blueberry, and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 tsp honey + ¼ cup ice

**Banana-Honey**: ½ cup sliced, frozen banana + ¼ cup apple juice + ¼ cup nonfat milk + ¼ cup plain yogurt + 1 tsp honey

**Triple-C Blaster**: ½-cup mixture of mango and papaya + ½ cup orange juice + ¼ cup nonfat vanilla yogurt + 1 tsp honey + ¼ cup ice

**Tropical Sunrise**: ½-cup mixture of banana and mango + ½ cup low-fat milk + ½ tsp coconut flakes + ¼ cup nonfat yogurt + ¼ cup ice

Chef’s Tips:
- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

Add ingredients from each column to blender. Blend until thick and smooth.