

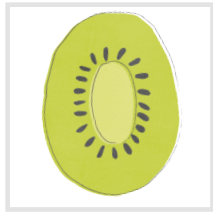


make your own smoothie

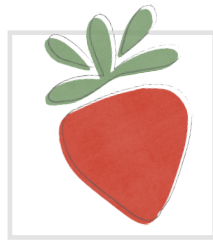
Pour it in, blend it up, get down tonight.

PREP TIME : 5 mins | SERVINGS : 2

WHAT YOU NEED:



1 cup fruit such as
kiwi



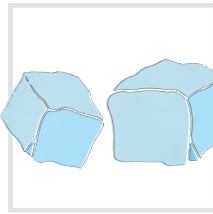
1 1/2 cups fruit such
as strawberries



1 cup 100% fruit
juice, such as
orange, pineapple
or grape



1/2 cup nonfat or
lowfat (1%)
milk or yogurt



10 ice cubes

INSTRUCTIONS

- 1 Place all ingredients in a blender and cover with tight-fitting lid.
 - 2 Blend until smooth.
 - 3 Pour into cups or glasses and serve.
- * You can freeze your fresh fruit or use unsweetened frozen fruit.

