

Fruit smoothies

just for kids!

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Which ingredients should I put
in my smoothie?



Strawberry Banana Smoothie

- 1 c. frozen strawberries
- 2 c. orange juice
- 1 banana, cut in pieces
- ½ c. 2% milk
- 2 tbsp. sugar

Blend in blender until smooth.

Healthy Orange Smoothie

- 1 orange peeled and separated
- ¾ c. sliced peaches (if canned use juice also)
- 1 c. orange sorbet
- ½ c. low-fat yogurt (plain or vanilla)

Blend ingredients in blender until smooth. Substitute a different fruit for peaches, if desired. Try a banana, or a small can of mandarin oranges.

Healthy Blueberry Smoothie

- 1 carton of low-fat blueberry yogurt
- 1 c. 2% milk
- 1 c. frozen or fresh blueberries, strawberries or peaches
- ½ c. ice cubes

Blend ingredients in blender until smooth.