

Fruity Banana Smoothie

Just Say Yes to Fruits and Vegetables

Need breakfast on the go? Here's a way to get your fruit in too!



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Fruity Banana Smoothie

Serves 4 • Serving: 8 ounces

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The peaches can be swapped out for your favorite fresh or frozen fruit.

Ingredients:

- 1 peeled banana
- 1 cup vanilla yogurt
- 2 cups sliced peaches
- 2 cups frozen strawberries
- ¼ cup skim milk

Directions:

1. Mix all ingredients in a blender.
2. Blend until smooth.
3. Serve and enjoy!
4. Refrigerate leftovers.

Note: This smoothie can also be made by hand. Use fresh strawberries instead of frozen. Mash the ingredients together. Stir with a spoon until well blended. Serve and enjoy!