

Fruit Smoothie

1 Smoothie | Fruit • Dairy

Ingredients

- 1 cup canned fruit or very soft fresh fruit (peaches, pears, berries, or bananas)
- ½ cup yogurt
- ½ cup milk
- ½ ice (optional)



Snack or
Breakfast
2nd grade +

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If fruit is fresh, wash it under cool, running water. Dry with a clean paper towel. If fruit is canned, open can with either the pull tab or can opener and drain the juice from the can.
3. Open a resealable plastic bag and place it into a cup. Fold the edges over the top of the cup.
4. Add yogurt, fruit, and milk to the bag.
5. Seal the bag tightly and make sure there is no air in the bag.
6. Squish the ingredients together until smooth.
7. Pour it into the cup. Add ice, if you want.



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