



**K-STATE**  
Research and Extension

## Mix it Up and Drink it Down

### Fruit Smoothie

3 servings

#### Ingredients:

- 1 cup plain or flavored yogurt
- ½ cup low fat milk
- 3 tablespoons nonfat dry milk
- 6 to 8 ice cubes
- 2 tablespoons sugar
- ½ teaspoon vanilla

#### Choose two from list below:

- 6 strawberries
- ½ peach or banana
- ½ cup canned peaches or pears



¼ cup pineapple chunks

1 tablespoon peanut butter

1 tablespoon frozen juice concentrate

#### Directions:

1. Put all ingredients in blender and blend on high until smooth.
2. Store leftovers in refrigerator!

#### Nutrition Facts:

Serving size is 1 cup, 150 calories, 10 calories from fat, 1.5 g total fat, 1 g saturated fat, 0 g trans fat, 105 mg sodium, 26 g carbohydrates, 1 g fiber, 22 g sugar, 7 g protein, 25% calcium, 2% iron

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition, Susie Bilderback, Extension Program Assistant, and Katie Hamm, former senior in Dietetics • Resources: <http://teammnutrition.usda.gov/Resources/teamupbooklet.pdf> • <http://www.choosemyplate.gov/> • <http://www.kidsacookin.ksu.edu/>

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