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Smoothies

Ready In: 5 minutes

Serves: 2

Kids love smoothies and they love helping too! Let your kids help put ingredients into the blender.

Ingredients

- » 1 cup Strawberries *fresh, or if you use frozen berries you may not need ice cubes*
- » $\frac{1}{2}$ cup Yogurt *low-fat*
- » $\frac{1}{2}$ cup Apple Juice *100%*
- » 1 Banana *cut into chunks*
- » 4 Ice Cubes

What you'll need

- » Blender
- » Sharp knife
- » Measuring cups
- » Spatula or spoon

Directions

1. Place the apple juice, yogurt, berries and banana in a blender. Cover and process until smooth.
2. While the blender is running, drop ice cubes into the blender one at a time. Process until smooth.

Chef's Tips

- » Add $\frac{1}{2}$ c. of silken tofu or $\frac{1}{2}$ c. of peanut butter (or other nut butter) for some extra protein.
- » Kids can cut the banana with the side of a spoon. Let them decide which foods to include.



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Nutrition Facts	
Serving Size 1.00 cup	
Serving Per Container 2	
Amount Per Serving	
Calories 191	
	% Daily Value*
Total Fat 2.5 g	3%
Saturated Fat 1.3 g	7%
Sodium 83 mg	4%
Dietary Fiber 3.7 g	13%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	