

Kids Eat Smart Week Smoothie Day Recipes 2015

Sunshine Smoothie

Ingredients:

- 1 banana
- ½ cup frozen mango pieces
- ⅓ cup plain or vanilla yogurt
- ½ cup 100% unsweetened orange juice

Directions:

Combine all ingredients in a blender; blend until nearly smooth.



Recipe adapted from: <http://allrecipes.com/recipe/mango-banana-smoothie/>



Blueberry Smoothie

Ingredients:

- 1 cup Blueberries (frozen or fresh)
- 1 8 ounce container plain yogurt
- ¾ cup milk
- ½ teaspoon vanilla extract
- ⅛ teaspoon ground nutmeg

Directions: Combine all ingredients in a blender; blend until nearly smooth.

Recipe adapted from:

<http://allrecipes.com/Recipe/BlueberrySmoothie/Detail.aspx?evt19=1&referringHubId=16130>

