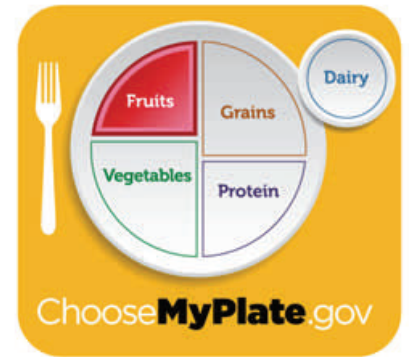


Blender Basics Fruit Smoothies

By Cheralyn Schmidt



Ingredients

1 cup frozen berries or tropical fruit
1 cup skim milk
½ cup low fat vanilla yogurt

Instructions

Combine all ingredients in blender and process until smooth. Serve immediately.
Makes 16oz (8 samples)

Talking Points

- ◆ Fruit is nature's candy! Fruits are colorful and fun ways to enjoy something sweet.
- ◆ Fruit is full of antioxidants and fiber.
- ◆ Milk and yogurt have bone building calcium and vitamin D.
- ◆ Yogurt has beneficial bacteria for digestive health. Yogurt also helps create a rich, smooth texture in a frozen fruit smoothie.

HINT: Use these talking points while you are blending your ingredients to keep your audience interested and involved in the demonstration.

Get the Kids Involved!

Have the kids: measure ingredients, wash dishes, hold down the blender top, hand out samples and push buttons.

HINT: Try these ways to get your students involved. Be conscious of the kids' ages and

Serves 8

Nutrition: Cal: 30, Protein: 2g, Total Carb: 5g, Total Fat: .38g, Sat Fat: .25g, Trans Fat: 0g, % Fat Cal: 9.5%, Cholesterol: 1.5mg, Fiber: .63g, Sodium: 27.4mg, Calcium: 95mg, Folate: 4.5mcg, Iron: .24mg



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