

Strawberry Smoothie (Shae Rippstein)

½ c. strawberry yogurt

½ c. milk

1 t. sugar

½ banana

1½ c. frozen strawberries

½ t. vanilla

Mix until well blended.

Healthy Smoothie

½ c. frozen berries (your choice)

4 oz. milk

6 oz. orange juice (preferably calcium fortified)

Mix together.

Strawberry-banana Smoothie (Denise Austin)

½ c. milk

½ c. plain low-fat yogurt

2 t. honey

1 small ripe banana

frozen strawberries

In a blender, process until smooth.