

# Blend It with Dairy at Home

Each smoothie recipe makes four 8 ounce servings or two 16 ounce servings.

## Blueberry Banana Smoothie

### Ingredients:

- 16 oz. (2 cups) low-fat vanilla yogurt
- 4 cups frozen blueberries
- 2 bananas

## Berry Berry Smoothie

### Ingredients:

- 16 oz. (2 cups) low-fat vanilla yogurt
- 2 cups frozen blueberries
- 2 cups frozen strawberries
- 6 oz. (3/4 cup) dried cranberries reconstituted (soak for 10 minutes in 1 cup of warm tap water)

## Strawberry Smoothie

### Ingredients:

- 16 oz. (2 cups) low-fat vanilla yogurt
- 5 cups frozen strawberries

## Orange Creamsicle Smoothie

### Ingredients:

- 16 oz. (2 cups) low-fat vanilla yogurt
- 8 oz. mandarin oranges

### More ideas:

- Try substituting vanilla Greek yogurt for a protein packed smoothie
- Use vegetables and fruits you have on hand and be creative
- Freeze leftovers in a paper cup for smoothie popsicles

## Strawberry Banana Smoothie

### Ingredients:

- 16 oz. (2 cups) low-fat vanilla yogurt
- 4 cups frozen strawberries
- 2 bananas

## Peanut Butter Split Smoothie

### Ingredients:

- 16 oz. (2 cups) low-fat vanilla yogurt
- 2 frozen bananas
- 2 teaspoons peanut butter



Adapted from the Dairy Council of Florida  
Smoothie recipes created by Nassau County School District